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CITY NEWS

THE NEW JOURNAL OF CIVILIZATION

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Urban kids lose 4 more years by court ruling

Supreme Court declares QEA unconstitutional gives Whitman til '98 to create plan

by Paul Joseph

The New Jersey Supreme Court decision, which deemed the Quality Education Act (QEA) unconstitutional for failure to guarantee equity in education funding to poor urban school districts, has received mixed blessings from affected urban school and public officials.

While city school district leaders applauded the court's recognition of the disparity in funding which exist between poor and wealthy school districts, they fear that students will be deprived of much-needed resources while waiting for the Whitman administration to take action by the 1997-98 court set deadline.

Plainfield Acting Superintendent of Schools Dr. Ronald Frye said that he was happy that the court still realizes that there exists a parity between poor and rich districts but was disappointed that the law would take almost four years to be enacted.

"I am dissatisfied that the court has elected to extend the time for 'special needs' youngsters. In three years, these districts will have graduated classes who have been deprived of adequate resources," he said.

The Court ruled the QEA, established under former Governor Jim Florio, violated its mandate established by the 1990 Abbot vs. Burke ruling. The ruling stated that the state shorthanded 30 urban districts in the distribution of education funds.

The justices unanimously agreed that

the law relied too much on the discretion of the governor and the legislature to periodically adjust the formula which would maintain spending of "special-needs" districts on par with their richer neighbors.

The justices retained jurisdiction and established the 1998-99 school year as an official deadline for the Whitman administration to bridge the \$450 to \$600 million gap. It also called for the state to provide similar educational programs as the wealthy districts and to offer special programs that would give the students an edge in learning and life.

"The record before us makes it clear that the success cannot be expected to be realized unless the department and the commission-

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Letter to the Editor

NJHA: 'Lower your reading level for inner city residents'

The following is a letter received from the Director of Publications of the New Jersey Hospital Association concerning HEARTBEAT, your guide to healthy living which is a monthly supplement to City News.

Dear Ms. Johnson:

I read with interest the new publication, HeartBeat. Targeting a health publication to the urban population is a great idea and I wish you much success. Unfortunately, the New Jersey Hospital Association is unable to buy an ad space at this time. We will reconsider next year.

If it is helpful, perhaps you may want to consider lowering the reading level of your articles. They are informative and extremely

well written, but I wonder how many inner city residents will be put off by words not used in their everyday vocabulary.

"Probing the fitness psyche," "least confronted tragic legacies," "sand in an hourglass, imperceptible individually but over time accumulate," "are phrases that may not be understood by all. It may be worthwhile to do some kind of focus group study or assessment of the average level in the inner city areas you seek to reach with HeartBeat. Again, much good luck in your new venture. I hope this suggestion is helpful to you.

Keri Ellerbroek

Director of Publications
See Editorial on page 4 for response

Inside:



July issue of HEARTBEAT

by Sherry Burrus

Over a hundred people gathered at the Emmanuel Church of Christ in Newark to attend the seventh annual candlelight March and Memorial Service for the twenty-six people who lost their lives in the 1967 riots, and to recognize the families of the deceased.

Councilman George Branch, of the Cen-

tral Ward, who hosted the two hour ceremony, reminded the crowd of the importance of the memorial service.

"This annual event is a way of keeping alive the memory of the innocent residents who lost their lives during a tragic set of circumstances. These are not soldiers at war. They are ordinary citizens just like you and I, who were casualties of the situation they did not create. By bringing this up each year

we also let young people know what happens when you let anger and rage rule over reason. This is a time we do not want to repeat in our cities."

Bishop Chandler Owens, pastor of Wells Cathedral in Newark, who replaced the scheduled guest speaker Newark's Mayor Sharpe James; who was called to speak in Washington, delivered an emotional speech

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Sharpe James begins third term as mayor



Mayor Sharpe James

NEWARK—Sharpe James was sworn in recently for a third term as mayor of the City of Newark, calling on Newarkers to help him in his efforts to "overcome our problems and continue Newark's progress well into the 21st Century."

At the same time, he announced the streamlining of several city departments, the appointment of a new deputy mayor and the appointment of a new assistant business administrator.

During the next four years, our highest priority will concentrate on those issues and services designed to improve the quality of life in our neighborhoods; to improve the quality of life on the streets where you live, and to send a message that crime, drugs, prostitution, disregard for the law and disrespectful behavior will not be tolerated in the city of Newark," said James.

"To do this, we will need your help and renewed partnerships between residents, the clergy, business and community-based organizations. All of us must work together."

Mayor James asked the citizens of Newark to take charge of their city. During the inaugural speech, he quoted Theodore Roosevelt, Marcus Garvey and the Reverend Jesse Jackson, and spoke of the example set by Nelson Mandela.

"This is the challenge I put before the citizens of Newark today—to take control of

your city. Government action alone cannot overcome the crises facing America today. We all—parents, teachers, clergy, merchants and community leaders—must set a good example for our children, and ourselves. We must put an end to juvenile crime and drug abuse, to graffiti on our buildings, dumping in our vacant lots and litter in our streets."

The mayor said that he plans to abolish the departments of General Services and Land Use Control and create a new department of Neighborhood Services, to be headed by the former manager of the city's Division of Property Management, Marshall Cooper.

In addition, he will create a new department of Water Utility, combining the functions of the city's division of Water Supply, in the Department of Engineering, and the Department of Water Accounting/Consumer Service, currently in the Finance Department.

Luigi Campana, head of the old Department of General Services, will be the director of the new Department of Water Supply.

Mayor James also said that Rosemary Hocking, who has held the position of assistant director in the Department of Develop-

(Continued on page 4)

safe and comfortable environment where we can offer comprehensive, quality health care services to the community." Lightsey continued.

The center's services various from obstetrics and gynecology to social outreach programs for adolescents and health education.

All of the speakers agreed that affordable health care is key to the survival of the nation. However, they noted that accessibility is also another part of the health care crisis.

U.S. Rep. Donald Payne acknowledged that 37 million New Jerseyans do not have health insurance.

"Local centers such as the Family Health Care will help give health care a shot in the arm. The center is part of the cog in the wheel to make sure that we have accessibility to health care," Payne stated.

Jersey City Councilwoman Melissa

Holloway welcomed the \$45 million federal-funded center, as a means of alleviating some of the plaguing problems in the African-American community.

"This Family Health Center will start the process of trying to make health in the African-American community a little better, she said.

The councilwoman stated that more money is needed to fight health problems in the community.

"We spend a lot of money sending people to the moon. Now we need to start focusing on spending money to reduce the factors that cause the health problems in the African community."

"Today we throw dirt on the health care of all the people of Jersey City and that is a

(Continued on page 8)

1967 riots remembered

Jersey City breaks ground for new family health center

by Paul Joseph

While Capital Hill is gearing up for a fierce battle over President Bill Clinton's proposed health care bill, Jersey City leaders rolled up their sleeves and broke ground for an expanded Family Health Center on Garfield Avenue last week.

By mid 1995, an old warehouse will be converted into a state-of-the-art medical haven. According to Executive Director, Carol Lightsey, the center has outgrown its present location at 88 Clifton Place. The center's registered patients increased from 8,000 in 1984 to 48,000 in 1993.

The new 30,000-square-foot facility will help reach those who need services the most. It is our continuing goal to provide a

safe and comfortable environment where we can offer comprehensive, quality health care services to the community." Lightsey continued.

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(Continued on page 8)

Community Calendar

NOW THRU AUG. 31

UNION COUNTY—The 1994 Summer Arts Festival will be held again this year at the beautiful Echo Lake Park on the Westfield/Mountainside border. Held every Wednesday at 7:30 p.m. The schedule is filled with a wide array of music to fit most tastes. For more info call 908-527-4500. Bring a chair or a blanket. FREE.

NOW THRU SEPTEMBER 4

TRENTON—The New Jersey State Museum will have American bird figures by English artist Dorothy Doughty on exhibit. For more info call 609-292-6308.

NOW THRU AUGUST 4

PLAINFIELD—The Literacy Volunteers of America will have a Basic Reading Tutor Reading Workshop Thursdays from 6:30 p.m. to 9:00 p.m. All workshops will be held at the Plainfield Public Library Meeting Room. For more info call 908-755-7998.

NOW THRU AUG. 2

PLAINFIELD—The Dept. of Recreation is sponsoring a dance in the streets with the Muppet Band from 7:30 p.m. - 8:45 p.m. at Library Park. For more info call 908-755-3097.

NOW THRU AUGUST 15

WESTFIELD—Women for Women of Union County has moved to the Westfield Presbyterian Church on Mountain Ave. They still host weekly summer drop in program which is a self help group for women to share feelings and gain support. For more info call 908-233-5787.

NOW THRU JULY 28

JERSEY CITY—Jersey City State College will hold its 25th annual "Cinema Institute" on the development of film in the US and abroad. The seminar will be taught by Emily Berges, chair of English Dept. and Dr. M. Jerry Weiss, service professor of communications. Guest lecturer is filmmaker Joe Grans. Limited enrollment. For more info call 201-200-3125.

NOW THRU AUGUST 15

PLAINFIELD—Literacy Volunteers of America will host a workshop entitled "English as a Second Language at the Public Library. All sessions are on Mondays from 10 a.m. to 1 p.m. 908-755-7998.

NOW THRU JULY 27

JERSEY CITY—The Jersey City Women's Center will be offering a series of free lectures, workshops and legal education classes. Pre-registration required. For more info call Ms. DeAngelis at 201-200-3185.

WEDNESDAY, JULY 20

NEWARK—The Newark Museum will celebrate the Apollo XI's lunar landing on the moon 25 years ago. For additional information call 201-596-6615.

FRIDAY JULY 22

ENGLEWOOD—The African American Doll Club will begin a series of doll making classes at the Radisson Hotel. Class size is limited; registration required. For more info call Linda E. Stewart, Pres. at 201-568-4708.



NEWARK—(L-R) Gail Gillespie, publicity chairwoman for AKA present appreciation awards to Derrick Prince Henry of the East Orange Record, and Lorraine Hickman, director of advertising and sales, for City News. Chapter president, Lamya Clarke (R) looks on.

NBC and AT&T reach agreement



RICHMOND, VA—Reverend T.J. Jamison, (center) president of the National Baptist Convention, USA, Inc., NBC, center, joins hands with (left) David Jefferson, AT&T consumer sales and services vice president; Mary Brown, AT&T African American consumer marketing director and (right) Reverend W. Franklin Richardson, NBC secretary. Reverend Jamison and AT&T signed an agreement which will allow the more than eight million NBC members to receive discounts on AT&T long-distance service and products.



Ms. Bernice Edelcreek

Edelcreek named teacher of the year

NEWARK—Bernice Edelcreek, physical education teacher in the Newark School System has been named Newark's Teacher of the Year.

Edelcreek was selected by a committee of teachers and administrators from among 10 candidates.

Candidates must be exceptionally dedicated, knowledgeable and skilled as teachers; able to inspire students of all backgrounds and abilities to learn. Edelcreek, who grew up in Newark and now resides in Springfield, has 30 years experience as a teacher. She holds a Bachelor of Science and a Master of Arts degree in Health, Physical Education and Recreation and is very active in her school, church and neighborhood.

She stated that her teaching years have been filled with special moments. One of the most memorable moments include taking a young student out of a community suicide.

The veteran teacher says her concern for her students often means staying after school with them and calling home to talk with parents to keep them abreast of the student's progress.

"My teaching is devoted to each child, but I am particularly concerned and work with youngsters who are having difficulty accomplishing the skills which are required to perform activities in the field of physical education. Helping my students help themselves is my greatest accomplishment."

Coping

by Dr. Charles Faulkner

Black people need a new strategy

For four hundred years black people have struggled to attain first-class citizenship in America. During this time, thousands of brilliant black men and women have formulated strategies to lift our race out of the throes of racial abuse. Black militants have put most of the strategies into action, but black people today are in many ways worse off than they were four hundred years ago. The next generation of black Americans will be in worse shape than we are today. Why?

Why, after all of these years, have we been unable to save ourselves? The answer is that we have used the wrong strategies. The primary problem for black people is the deeply ingrained negative image that practically everyone has of black people. Until that is changed, black people will be used as stepping-stones and dust mats.

Every problem that black people has grows out of the fact that other people, including many African-Americans, think that blacks are inherently inferior. To them, the dark skin represents natural intellectual, emotional and sociological inadequacy. Even if your nose is straight, your lips thin, your hair blond—if your skin is dark, and you are readily identified as an African-American—you are immediately discriminated against. Both whites, blacks and others apply the philosophy of racism; exclusionary stereotypical behavior.

The racial reaction has been applied by others to blacks for such a long time that it is peremptory—automatic—behavior. Racism is now a conditioned reflex. No one looks at a black person and thinks, "Is that person African American?" Should I treat him (her) differently than I treat other people? These questions are never asked. The reaction is automatic. If you are obviously African American, others treat you instantaneously with disrespect.

Racism is a habituated, conditioned behavioral response that is deeply imbedded in the psyche of most people in the world. Even black people often treat themselves and others who look like them with disrespect. Many blacks call each other nigger.

Racist behavior, that grows out of continued, uninterrupted degradation of black people is the primary, unquestioned problem for blacks the world over. And black people have contributed to their own problem by allowing the racist response to them to go unchecked. This has brought about the almost instinctive disrespect that blacks receive.

Black people need to counter this negative image that the world has of them. They need to completely restructure the image, so that the world responds to the brown skin color with respect rather than automatic disrespect. We can complain as much as we want to. We can get as angry as we want to. We can accept small, token pieces of the pie. We can continue to laugh at ourselves on television. We can wait for someone else to "give us a break." However, racism will never go away, until blacks mount an aggressive, world-wide campaign to make the world respect black people by viewing them as normal human beings.

If you would like to contact Dr. Charles Faulkner, you may write him at P.O. Box 1774 Plainfield, NJ 07061.

Discover
The power of the City
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City News weekly

East Orange to host African royalty

EAST ORANGE—An African Queen mother and Chief from Ghana, West Africa will visit East Orange during a 14 day tour of the metropolitan area.

The Queen mother, Nana Dokua of Akwapem state in Ghana and Chief Nana Opoku Afari Kaseku, of Kwahu will be guests of honor at a reception traditional African Festival.

On Friday, July 22 mayor Cooper and his wife will host a reception for the dignitaries. The African Festival will be held in Elmwood Park on Saturday, July 23.

Minority fire fighters needed

NEWARK—The City is seeking qualified minority applicants for the Newark Fire Department.

The recruitment program includes training sessions and the distribution of applications through local community groups, churches, schools, colleges, fire houses and other agencies.

Forms can also be obtained from the Newark Personnel Division, Room 212/City Hall. For details, call the Fire Department's 24-hour hotline at 201-733-7493.

Registrations available for Festival of People

NEWARK—Registrations are now available for exhibitors at the 1994 Newark Festival of People scheduled for Saturday, August 20.

The festival makes exhibition space available free for health and social service and government agencies, arts and cultural groups, the religious community and all non-profit

its seeking to reach and serve the region's residents.

Exhibitor registration forms can be obtained by calling the Festival hotline at 824-FEST. Application deadline is Wednesday, August 10. Assignments are made strictly in the order that registrations are received.

AKA sorority to host Africana marketplace

WILLINGBORO—On Saturday, October 8, Pi Mu Omega chapter of Alpha Kappa Alpha Sorority will sponsor an Africana Marketplace at Willingboro's John F. Kennedy Junior High School.

The marketplace will be opened from 11 a.m. to 7 p.m. and will feature food and celebrity appearances, a diverse array of African, African-American and Caribbean-

owned businesses as well as Afrocentric products.

The deadline for registration will be August 26, and there will be a discount offered for vendors who register by August 1.

The fee for tables, 6x8 ft. or 8x10 ft. is \$50. Applications should be mailed to Mrs. Betty Scott, 181 Tiffany Lane Willingboro, NJ 08046.

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OPINION EDITORIAL

Lower our reading level or raise our expectations?

We felt it important to publish the letter to the editor from Keri Ellorbrook, NHA Director of Publications, on the front page to point out a concern that many black people have with the way they are viewed as well as the techniques used in marketing to them. The most glaring examples are on television and radio when black people must be singing or dancing or speaking in the "vernacular." The creators of these ethnic insults think this is how all black people behave thus these are the messages to which they will respond.

Now specifically as to *HEARTBEAT*: this publication was created as a guide to healthy living focusing on African American issues, stress, stressors and lifestyles. To date, with only two issues out, it has received overwhelming positive feedback from our "inner city" readers. One caller particularly thanked us for our article on Sarcoidosis. She now has a reference point for her disease. By the way, this was the article that began "Just as the grains of sand in an hourglass are imperceptible individually..." (June 1994).

Since we have broadened this issue of concern about our publication's reading level, we want our readers to know that we will not write to them. We hope *City News* and our other publications are just as much uplifting both in spirit and intelligence as they are informational.

It is precisely thinking like that of Ms. Ellorbrook that has many "inner city" kids functioning at the basic skills level while their suburban peers are locking into the information superhighway.

We also want to note our appreciation to the hospitals who provide us with articles that are informative and intelligently written. These hospitals support a publication that seeks to get specific information to those who have special health needs and concerns—just as they do for the majority population.

We'd like to hear from you on this issue. Please address your letters to: Editor, *City News*, P.O. Box 1774, Plainfield, NJ 07061; or call us at 908-754-3400 or fax your response to 908-753-1036.

Urban League: a new decade

by Marian Wright Edelman

High B. Price has been an important voice on social concerns for the Rockefeller Foundation, a strong supporter of the Black Community Crusade for Children. Rockefeller's loss is the gain of a dynamic advocate for equal justice for the National Urban League and the nation.

Recently, the Urban League announced that High Price had been selected as the seventh President and Chief Executive Officer of the nation's second-oldest civil rights organization. Reginald Brinkley Jr., chairman of the League's Board of Trustees, put it best when he said:

"High Price brings experience, vision, creativity, and leadership to the Urban League at a time when the African American community is in great need of an effective advocate for equal economic opportunity and a defender of hard-earned civil rights."

High Price will bring to the Urban League a strong background in effective social advocacy, communications, and law.

As vice president of the Rockefeller Foundation, he managed initiatives to improve the quality of public education received by urban at-risk youth and oversaw the Foundation's program to increase minority opportunities in the United States.

Under his leadership, the Urban

League will face the challenge of helping rebuild the economic and social infrastructure for all African Americans. We support the Urban League's choice of a leader as we continue our fight to ensure that no child is left behind and that every child has a healthy start, a head start, a Fair Start, and a Safe Start in life. The Urban League will be a crucial partner in making this vision a reality and assisting African Americans, but especially our children, in the achievement of social and economic equality.

High Price plans to meet the needs of the African American community through an "Agenda for the 90's," which combines the Urban League's traditional mandate of social justice with economic growth and opportunities. He says this involves:

Solidifying and expanding the dramatic educational and economic gains made by African Americans since *Brown vs. The Board of Education*.

Focusing public and private resources at the national, state, and local levels more sharply on the acute problems afflicting the urban poor.

Helping lift the urban poor, especially children, out of poverty and into the economic and social mainstream.

Equipping all African American children with the academic competencies and social skills re-

quired for citizenship and self-sufficiency in the 21st century.

Enlisting the African-American middle class in supporting the healthy development of our least advantaged children and building viable urban neighborhoods.

Developing strategies to compensate for the shortcomings of urban labor markets so that inner city residents who want or are expected to work can earn legitimate livings above the poverty line.

Promoting intergroup understanding so that all Americans are equipped to collaborate and live harmoniously in an increasingly competitive and multicultural world.

Firmly addressing lingering vestiges of racism and combating misleading media images of African Americans which fuel discrimination by ethnic stereotypes.

According to High Price, at a time when American cities face unprecedented perils, the highest priority of the National Urban League is to help the least advantaged of our people, and especially our children, out of poverty and into mainstream lives of dignity and economic self-sufficiency.

We applaud him and wish the Urban League God speed in this new era.

Marian Wright Edelman is the president of the Children's Defense Fund and a leader of the Black Community Crusade for Children.

Urban kids lose 4 more years

(Continued from page 1)

er identify and implement the special supplemental programs and services that the children in these districts required," the court said in a 20-page opinion.

While a law does not have to be established until 1997, the Court also said that the state must begin to address the problem in the coming year or face an appeal by the equal funding advocates.

"We underlined the clear and absolute responsibility of the State for both the problem and the solution," the court said.

Governor Christine Todd Whitman responded quickly to the ruling. In a released statement the governor said, "The Department of Education in conjunction with my office, legislative leadership and the public, will craft a new funding formula that will be submitted to the Legislature in time to comply with the timetable established by the Court."

Paterson Superintendent Laval Wilson, whose district is included in

the underfunded dispute and taken over by the state along with Jersey City, expressed similar sentiments.

"I was pleased with the ruling of the Court. It means more money for our students. The problem is that by '98 we might have a class that graduated without being affected by this decision, and some kids might go through half of their high school experience without feeling its impact. The money should be there now."

Camden Superintendent Dr. Roy J. Dawson Jr. is in agreement with his fellow urban colleagues. He said that although he is content with the ruling, he was unhappy about the time period set by the Court.

"My concern is about the quality of education between now and the '98 deadline," he said. "We've been going at this since 1970. It is unfortunate that we keep dragging our feet on this issue. Money is not the only thing but it is part of the solution," he said.

It was good that the Court maintained jurisdiction," said Newark Superintendent Eugene Campbell, whose district is being threatened with a possible state take-over. However, he notes, "it is taking too much time. I was hoping that it would have an impact on the coming school year," he said.

"The decision was too long overdue," said Newark Mayor Sharpe James. "For too long there was unfairness when it came to distributing the dollars for education. The City has always asked for parity, not charity," the mayor said.

"We believe that the landmark decision will pave the way for more equity in educational funding, so urban is not pitted against the subur-

by Connie Woodruff

It's the middle of summer and still no decision on whether Cirdell Cooper or Tom Giblin will be successful in his bid to be the Democratic candidate for Essex County Executive in November.

As was promised a month ago, the controversy between the two men will finally be settled in the courts. Neither is giving an inch despite the need for Democrats to begin raising money and completing plans for the fall election.

The rifts making it more difficult for Cooper and Giblin to carry out their duties as mayor of East Orange and chairman of the county committee.

Cooper has to work with a city council divided in its loyalty to a Democratic mayor and party leader. Giblin has the Herculean task of trying to unite a party that has a lot at

stake in the November election where the fate of a U.S. Senator is at stake and the offices of Sheriff and Register are up for grabs.

Only Congressmen Donald Payne and Herb Klein seem to be destined to win their bids for re-election without major problems.

It must have been a culture shock for C. Delores Tucker, the veteran NAACP, civil rights and Democratic Party leader, to be beaten by a 21-year-old Oklahoma woman for an at-large seat on the national board of the NAACP at the Chicago convention.

The seat was vacated by Hazel Dukes, the powerful president of the New York City NAACP branch, who like Tucker, is a recognized and revered member of the organization's Old Guard.

It's obvious the traditionalists in the NAACP have missed the new directions Executive Director Benjamin Chavis is taking as the group moves toward the 21st century. According to informed sources, more than 100,000 young people have joined since he took over 18 months ago.

Chelle Luper said she was "a voice of change, a voice of youth" and was not intimidated by Tucker's sterling credentials and proclamation as the candidate who was a "proven leader" and "fearless leader," rhetoric heard

over and over for many years by convention delegates. She was also out in the Dukes mold.

C. Delores Tucker is nationally known for her oratorical skills, fund raising abilities and vast political connections. A member of the Democratic National Committee, she is a professional public relations expert and president of the National Political Congress of Black Women as well as a lobbyist for governmental affairs.

According to one New Jersey delegate, Luper was neither phased nor awed by Tucker's reputation. "Chelle represents the new generation of NAACP leadership," said my informant. "She is a fresh new face, has fresh ideas and has the blessing of the executive director."

Ms. Luper is a broadcast journalism major who has been attending NAACP conventions since she was a little girl and this year marked her 10th as a convention delegate.

It was not surprising Tucker had good support among the N.J. delegates. Most NAACP branches in this state follow the traditionalist credo. But it is possible that with a 21-year-old on the national board more young folks will be recruited and sooner rather than later upset the status quo in New Jersey.

At the ACT-SO (Afro-American, Cultural, Technological and Scientific Olympics) competition 17-

year-old Tyehimba Husbands, a student at Franklin High School, Somerset County, won second place for oratory; Josina Lawrence 15, or Benedictine Episcopal, Elizabeth, won second place for film making; video and Cornell Fields, 17, of Rosa Parks High School, Paterson, won third-place for public competition.

Send get well cards to community activist, Edna Thomas of Newark, a recovering addict. Thomas is the former director of Soul-O-House, a Central Ward based drug rehabilitation program and a charter member of New Jersey Black Issues Convention.

Members of the Newark City Council who dumped Mark Davis as deputy city clerk without prior notice that his contract would not be renewed, now have egg on their collective faces.

Davis was at work helping the city clerk during the council's reorganization meeting July 1 when he heard he had lost his job on a 5-4 vote which resulted in the appointment of Claude Wallace as deputy clerk.

Davis lost not time in filing a civil lawsuit against the city, charging the council violated the Open Public Meetings Act and the judge found his

(Continued on page 6)

is C.J.'s an assault on the image of black males?

LOS ANGELES (NPPA)—According to a noted Los Angeles author, the O.J. Simpson case provides another example of an assault on the image of black males.

"When there is one individual in that group that does anything, guess what happens? The whole group is made to pay. They're put on the spot for the crimes, whether real or imagined, of the individual," said Dr. Earl K. Hutchinson, author of *The Assassination of the Black Male Image*.

However, a Kent State, Ohio University (KSU), communications spokesman said race has nothing to do with this case.

Frank Bantayo, manager of student media at KSU's School of Journalism and Mass Communication, said he felt Simpson's case was receiving more attention because of his prominence as a football player, actor and network commentator, not because he is a black male.

"He's getting more attention as a male than he would if he was a female? I don't think so. I haven't been aware of any racial implications in the stories I've seen, so I don't think that plays a role."

In a telephone interview from Los Angeles, before authorities issued warrants for Simpson's arrest, Hutchinson said the case would have a great impact on societal perceptions of black males.

Hutchinson said cases like Simpson's do nothing for the image of black males. They affect all black males by convicting them as a group and tend to affect media coverage of trials.

When a case involves race, sex or a celebrity—as Simpson's does—Hutchinson noted that media coverage

is more likely driven by hearsay.

"Generally speaking, they're never given the benefit of the doubt—run and innuendo kick in long before fact," Hutchinson said.

That means they are "prejudged and convicted of a crime long before a court of law kicks in."

And it becomes more difficult for Simpson whom most defend himself against a presumption of guilt.

Bantayo, who is white, disagreed with Hutchinson. "I certainly think it's true that the media often explore stories regarding prominent people more than they do regular people, but that's one of the tenets of journalism. In a sense," Bantayo said.

"People are shocked by this story, and everyone seems to have an opinion about the character of O.J. Simpson because he's been a likable person generally," Bantayo added that he didn't think Simpson's race or gender would make any more difference than "if a prominent female athlete or entertainer figure were accused of murdering an ex-husband and his female associate."

Hutchinson said one of the greatest problems with the case is the image of frequent portrayal in the mass media as irresponsible or violent or as criminals and drug dealers.

While prominent black athletes entertainers and political figures, such as boxer Mike Tyson, entertainer Michael Jackson and Supreme Court Justice Clarence Thomas have come under intensifying scrutiny in recent years—all in cases involving alleged sexual misconduct—Hutchinson said he didn't think that scrutiny is part of an anti-black conspiracy.

Instead, he argues blacks are victims of a "conspiracy of thought" caused by a confluence of events—cultural and media distortion, economic and political crises, a leadership vacuum and societal tendency to blame young black males for problems.

Add in stereotyping and a historical bias, and the picture becomes very clear.

"African-American males in America are getting a raw deal," Hutchinson said. "The image of African-American males has been layered in myths, half-truths and lies. It's a botchmess pit in terms of the negative images of African-American men."

Hutchinson compared the media image of black males today to the images contained in movies of the 1920s and 1930s, where blacks were portrayed in dimensionless and powerless roles.


"It's not as crude, it's not as vicious, it's not as overt as in past years, but it's still there," Hutchinson said. "You've got a situation basically where you've got an update of the old stereotypes."

And while black Americans are diverse, their diversity isn't reflected consistently. An example of that lack of diversity can be as near as a television set.

"White males, we see them climbing mountains, we see them chasing sharks... We see the whole spectrum, we see the diversity."

"Now when we turn on the same TV, do we see (black males) climbing mountains, do we see them playing volleyball? You have only one image."

Hutchinson noted stating that the image of black males is largely that of buffoons and fools.



CITY NEWS

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Sharpe James begins third term

(Continued from page 1)

ment, will be named as director of that department.

Former Municipal Judge Ramona Santiago, who is from Newark's East Ward, has been appointed as a new deputy mayor. Catherine Cuomo Cicco has been appointed as the city's new assistant business administrator.

James said that the city has learned in the last eight years since he has been mayor that "the only way for the city to survive and flourish is to maximize our own resources by building partnerships. These are improving not only Newark's physical condition, but also the quality of life in Newark."

(Continued on page 6)

City News

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KidsKalendar

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NEW YORK—"The Wonder Theatre" Children love to perform and under the supervision of our art educators, they produce and perform theme based vignettes for family and friends. For more information 212-745-9956.

NOW THRU JULY 31

MILLBURN—The Paper Mill Playhouse will present "Peter Pan" a musical for all ages, based on the book by James M. Barrie. For more info, call 201-378-4343. Groups call 201-379-3636 ext. 2438.

EAST ORANGE—"Summer in the City" presents "Salute to America" theme for their kids fest, 11 a.m. For more info, 201-286-5147/5123. For hearing impaired call TTY-NJ Relay 1-800-7897.

JULY THRU AUGUST 24

MOUNTAINSIDE—Registration is still being accepted for summer workshops at the Trained Nature & Science Center. There are programs scheduled for all ages. For more info, or a brochure call 908-789-3670.

JULY 13 THIL AUG. 24

MOUNTAINSIDE—The Trained Nature & Science Center will host seven "Wednesday Matinees." They will have puppets, magic, music, drama and films. 1:30pm. Group rates available. For more info, call 908-789-3670.

WEDNESDAY, JULY 13

PLAINFIELD—The Plainfield Public Library children's section will have "Game Day" for ages 5-7 at 10:30 a.m., 2:30 p.m. for ages 8 and up. For more info, call 908-757-1111.

THURSDAY, JULY 14

PLAINFIELD—The Plainfield Public Library children's section has scheduled a "Film" program at 11 a.m. for ages 3 to 7 and 2 p.m. for ages 8 and up. For more info, call 908-757-1111.

WEDNESDAY, JULY 27

PLAINFIELD—The Plainfield Public Library will have Game Day at 10:30 a.m. for ages 5 to 7. For more info, call 908-757-1111.

THURSDAY, JULY 28

PLAINFIELD—Plainfield Public Library will feature a film program for ages 3 to 7 at 11:00 a.m. and for ages 8 and up at 2:00 p.m. For more info call 908-757-1111.

SATURDAY, JULY 30

NEW BRUNSWICK—INROADS/Central New Jersey is sponsoring its "Fifth Annual Kids Olympics." The event will be held in Buncleuch Park from 1 p.m. to 6 p.m.

Send Kids Kalendar events to:

City News
P.O. Box 1774
Plainfield, NJ 07060

YOUTH/EDUCATION/SUCCESS

Reid wins Kerrigan Scholarship

NEWARK—Wenylla P. Reid, a 1994 graduate of University High School in Newark, N.J., is one of 22 high school graduates to receive a James J. Kerrigan Memorial Scholarship from Merck & Co., Inc., the sponsoring company.

Wenylla plans to attend Douglass College of Rutgers University, majoring in biology. She was selected to receive the scholarship for the 1994-1995 school year in a nationwide competition open to children of Merck employees.

Wenylla was president of her school's chapter of the National Honor Society and valedictorian of her graduating class. She was a member of the Lincoln Douglass debate club, the cross-country and track and field teams, and editor of the school newspaper. As president of Explorer Post 569, Wenylla was selected to address audiences at both the Distinguished Healthcare Services Award Dinner and the Annual Distinguished Citizen Award Dinner.

Kerrigan Scholarships were established by Merck in 1956 as a memorial to James J. Kerrigan, a former president of the company. Children of present, retired and deceased employees are eligible to apply. Recipients are selected on the basis of scholastic standing, character, leadership potential, and sense of responsibility.



Wenylla P. Reid (center), a winner of the 1994 James J. Kerrigan Memorial Scholarship from Merck & Co., Inc., pictured with parents Authenel and Launa Reid.

Taste of Orange Summer Festival Poster Contest winners

ORANGE—Mayor Robert L. Brown of Orange, New Jersey congratulated and presented winners of The Taste of Orange Community Summer Festival Clean and Green Poster Contest certificates at City Hall. Close to 300 students in the Orange school system both public and private participated in the contest. The Committee sponsored a poster contest for school age children in grades 3-12. Eight winners were selected.

"These budding artists are to be congratulated for the precision and detail of their work. I would also like to commend their art teachers for the care and time they took with the students in assisting the preparation of these posters," commented Mayor Brown.

The theme of the poster contest is "Keeping Orange Clean, Green and Litter Free."

"The committee is proud of all the schools and students who participated. Each contestant received a Taste of Orange Festival t-shirt in appreciation of their participation," commented Councilwoman Sandra Accomando, Chairperson of Special Projects for the Festival Committee.

The winning poster will be on display at the Taste of Orange Community Summer Festival to be held this summer on July 16, 1994. At a special ceremony that day the student artists will receive special awards from the Festival Committee during the opening ceremony. The festival is a celebration of the diversity of the city.



L to R: Then council president Marian Silvestri, Naomi Hicks from Park Ave. School, Tyson Bey from Cleveland Street School, Mayor Robert L. Brown, Satym McCullin from Lincoln Ave. School, Benita Benfield of Orange High School, not shown, Tolia Ortige from Lincoln Ave. School, Kelly Chandler from Cleveland Street School, Lindsay Molina from St. John's School and Christina Cervinivas from Park Ave. School. Also shown, Councilman Rudy Thomas.

Orange sponsors summer program for city youth

ORANGE—Mayor Robert L. Brown of Orange has announced the Third Annual Mayor Brown's Kids Summer Program. Fifty participants will be assigned summer jobs in the playgrounds and City Hall.

The Program is a reward system for those high school students who have made a concerted effort to get

passing grades, but are not eligible for summer job programs.

"Unfortunately, in today's society many of our city youth are placed in a negative light. This program aims to accentuate the positive. We commend those young people today who have worked diligently all year to receive passing final

grades," said Mayor Brown.

Over 100 kids have applied for jobs so far. The criteria for job placement includes final grades with no F's and a maximum of two D's as well as being an Orange resident.

There are still positions available. Interested youth may apply to the Mayor's Office at 266-4005.

Newark youth trains for healthier minds and bodies



NEWARK—Actor/comedian Joe Piscopo, (left), Sgt. John Scott-Bey of the Newark Police Department, and Boys' and Girls' Clubs of Newark Executive Director Mel Knight spot Club Member Tomi Odeleye at the recent Grand Opening of Jersey Joe's Gym at the clubs' North Ward location. The gym, started by Piscopo for older members of the club, is part of the actor's "Brain Training" program designed to build strong, healthy minds through strong, healthy bodies with the help of Newark police.

Graduates receive honors



IRVINGTON—Lumarie Colon (right) of Newark and Jenny Romero of Irvington were among seven students who graduated from the secondary program of A. Harry Moore High School at recent commencement ceremonies. Ms. Colon, who delivered the student address and received The American Legion and The Joy Peterson Memorial Awards, and Ms. Romero, recipient of The Helen C. Setchling Award, were congratulated by Constance Clark, retiring principal of the High School who delivered the commencement address, and Dr. Carlos Hernandez, president of Jersey City State College.

Sorority awards scholarships



NEWARK—Over 400 guests attended the Beta Alpha Omega Chapter Newark of the Alpha Kappa Alpha Sorority, annual scholarship luncheon. The chapter awarded over \$10,000 in scholarships. Pictured L-R, Winifred Walden, chairperson of the Scholarship committee, Keisha Sigler, Nafessa Al-Mutazzin, Vonellie Wrattee, Anita Jean Alinde, Shante Holmes, scholarship recipients, and Lamyra D. Clarke, president of Beta Alpha Omega Chapter, of Alpha Kappa Alpha Sorority, Inc.

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Fall Semester starts September 7.



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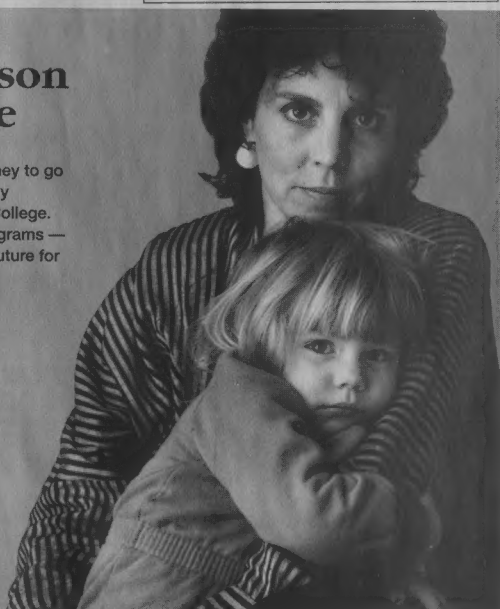
CRANFORD—A second session Coed Basketball Camp for young people ages eight through 17, which will offer intensive skills training by high school and college basketball coaches will continue from July 25 through 29.

Organized by Union County College's Department of Continuing Education the camp will divide players according to their age and ability levels, and will be conducted in the Cranford High School Gymnasium. Daily sessions will begin at 9 a.m. with morning warm-ups in preparation for direct training on techniques and skill development at instructional work stations conducted by coaches. Participants then will be taught various aspects of positional play and specialization. For further information call 908-709-7600.

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ARTZ WEDNESDAY

Billboard

TUESDAYS, JULY 19, 29

EAST ORANGE—"Summer in the City" will present Jazz at the Plaza featuring such notables as Rod Porter, The Harper Brothers, Winard Harper, Quintet, Sherry Winston and Nelson Rangel. All Shows 8 p.m. For more info, call 201-266-5147/5123. For hearing impaired call TTY - NJ Relay 1-800-7897.

THURSDAY, JULY 14, 21, 28

NEWARK—"Garden Jazz" at the Newark Museum from 12:30 p.m. to 1:30 p.m. For more info, and complete summer schedule, please call 201-596-6503. Hearing impaired please call TTY: 201-596-6355.

FRIDAY, JULY 15, 22, 29

NEWARK—The Dept. of Health and Human Services Div. of Recreation/Cultural Affairs will have "Music in Washington Park" from 12:30 p.m. to 2 p.m. Artist range from gospel to opera to Latin and R&B. For additional info, call 201-733-6454.

JULY 14-23

RANDOLPH—The County College of Morris will present the musical "Gypsy" at the Dragonetti Auditorium, Student Community Center. Shows start at 8 p.m. For tickets & info, call 201-328-5225.

THURSDAY, JULY 21

RANDOLPH—"The Incredible Merin Magic Show" at the Dragonetti Auditorium, County College of Morris 11 a.m. For more info, call 201-328-5225.

SATURDAY, JULY 23

EAST ORANGE—There will be a "African Festival" from 11 a.m. to 7 p.m. at Elmwood Park rain or shine. For more info, call 201-266-5147/5123. Hearing impaired call TTY - NJ Relay 1-800-7897.

SUNDAY, JULY 24

PLAINFIELD—"Summer Fashion Show" at the Grant Ave. Community Center, 403 W. 7th St. 4:00 p.m. sharp. For Ticket information and vending call 908-754-2929

Send Billboard Calendar
events to:
City News
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Coming to a theater near you



City crime is at its worst. The police are on strike. The mob is holding the mayor hostage. Only one man has the courage to take a stand. He's got no superpowers, no money and no name. He's **BLANKMAN** (Damon Wayans), a self-appointed neighborhood crimestopper. Columbia Pictures presents the superhero adventure comedy, **BLANKMAN**, starring Damon Wayans and David Alan Grier. The film also stars Robin Givens, Jon Polito and Jason Alexander.



Nine-month-old Baby Bink (Adam Robert Worton & Jacob Joseph Worton) was Mommy's little angel and Daddy's pride and joy. But Baby Bink was also just plain bored. So when the big city called, Baby Bink had to answer. Now he's off on the adventure of a lifetime... "Twentieth Century Fox Presents A John Hughes Production, 'Baby's Day Out,' starring Joe Mantegna, Lara Flynn Boyle and Joe Pantoliano.



Special agent Harry Tasker (Arnold Schwarzenegger) leads a double life. Fluent in six languages and skilled in all forms of counter-intelligence, Harry is an international spy for a top-secret government agency. Harry has kept his real profession secret from his wife, Helen (Jamie Lee Curtis), all the years they've been married. Now, after fifteen years, Helen's getting a little bored with the man she thinks sells computers for a living.

USA Music Magazine nominated for top program of the year

NEW YORK—In its first year as a syndicated property, USA Music Magazine has been nominated as the "Best Nationally Distributed Syndicated Urban Music Show of the Year" by Billboard Magazine. The winner will be announced at the Billboard Awards ceremony, September 10th in New York.

Hosts Vinny Brown and Wendy Williams were excited that their new style music magazine has won this prestigious industry nomination.

Vinny stated, "I knew the listeners enjoyed the program, which alone makes it worth the hard work pulling it all together every week."

Wendy added, "It's great when the industry recognizes you for something you love doing and your listeners love it too."

USA Music Magazine is a fast paced informative show with an adult sound featuring explosive music and celebrity news. USA Music Magazine is brought to you by STR2 Entertainment Network, a division of American Urban Radio Networks (AURN).

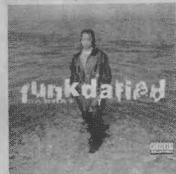
ATIMEOUT



Ladae is a new soulful quartet who harmonize over hazy synths, bouncy beats and fluid baselines that emphasize melodic richness. Their debut album *The Moment*, on Island Records is a testament of their personal feelings on love.



Joi is one of those forces that defies definition...she comes, tastes and feels different to each lucky person who experiences her. The Pendulum Vibe is tastefully seasoned with R&B, gospel, blues, and hip hop attitudes.



This is one female MC who's coming out strong for the '94. Da-Brat is the new star unleashed by super producer Jermaine Dupri. Check out her debut LP Funkdafied on Chaos Records.

Look for
Artz
Wednesday
every week in
City News

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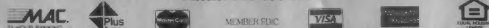
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LEGAL NOTICE

BOROUGH OF NEW PROVIDENCE UNION COUNTY, NEW JERSEY NOTICE TO BIDDERS

NOTICE is hereby given that sealed proposals will be received by the Borough of New Providence for:

NEW PROVIDENCE BEVERAGE DISTRICT SEWER SYSTEM REHABILITATION FINISH, FIX PROGRAM CONTRACTS SS-6, 7 and 8

Sealed proposals for the above named contracts, which comprise the rehabilitation of sanitary sewers in Union County, New Jersey, will be received at the Borough of New Providence Borough Hall, 360 Elkwood Avenue, New Providence, New Jersey, 07874 on August 24, 1994 at 10 A.M. prevailing time, at which time and place they will be publicly opened and read aloud.

The work includes the furnishing of all labor, materials and equipment necessary to complete the work as shown on the Drawings and as described in the Specifications. Three (3) separate contracts will be bid with scopes of work as follows:

Contract SS-6 Manhole Frame, Cover and Riser Rehabilitation

- Installing 5 new manhole frame/watertight covers
- Re-setting 50 existing manhole inlets
- Furnishing and installing 20 plastic manhole inlets

Contract SS-7 Cleaning, TV Inspection and Rehabilitation of Sanitary Sewers

- Cleaning 19,000 LF of sewer (8" to 24" diameter)
- TV inspecting 19,000 LE of sewer (8" to 24" diameter)
- Bypass pumping
- Air testing 3,000 sewer pipe joints
- Sealing 750 sewer pipe joints
- Grouting 88 manholes
- Manhole wall coating - 400 VF

Contract SS-8 Sewer Line Repair

- Spot excavations to replace about 400 LF of damaged 8-inch diameter pipe previously installed under TV inspection
- Allowance for spot excavations to replace 620 LF of damaged pipe detected by TV inspection under Contract SS-7

Work under each contract includes all associated restoration. The work is located within the municipalities of New Providence, Berkeley Heights, and Summit Bidders may bid on any or more contracts, but the work shall be considered independently and not in combination with the other contract work shall be completed and ready for construction within 180 calendar days, except for final site restoration and pavement construction, which shall be completed within 360 calendar days.

No bid will be received unless, in writing on the forms furnished, or equivalent forms acceptable to the Owner, and unless accompanied by bid security in the form of a bid bond, cashier's check, or a certified check made payable to the Borough of New Providence in an amount equal to 10% of the amount of the base bid, but not exceeding \$20,000.

The bid shall be accompanied by a Consent of Surety on the form included herein, from a surety company licensed to do business in the State of New Jersey, which shall represent that the surety company is authorized to stand behind the Contract bonds in the sum required in the Contract Documents and in a form satisfactory to the New Providence Attorney and compliance with the requirements of the relevant statutes.

No bids will be received before or after the time and date specified, and no bids will be received by mail. After receipt of bids, no bid will be withdrawn except as expressly authorized herein. The Owner shall award the Contract or reject all bids within 60 days of bid opening except that the bid of any bidder who consents thereto may, at the request of the Owner, be held in consideration for such longer period as may be agreed.

The Owner will evaluate bids and any award will be made to the lowest responsible bidder whose bid conforms to this solicitation. The Owner reserves the right to reject any and all bids and to waive minor informalities irregularities in bids received.

The bidder is notified that approval of award may be conditioned upon Federal and State approval or disapproval of award and the terms of the Article in the Information for Bidders, entitled "Rescission of Award or Termination of Contract."

All bid securities except the securities of the three apparel low bidders shall, if requested, be returned after ten (10) days from the opening of bids, Sundays and holidays excepted, and the bids of such bidders shall be considered as withdrawn. Each bidder must submit with his bid a signed certificate stating that he leases or controls all the necessary equipment required to accomplish the work shown and described on the Contract Drawings and in the Contract Specifications. Should the bidder not be the actual owner or lessee of such equipment, his certificate shall state the source from which the equipment will be obtained and, in addition, shall be accompanied by a signed statement from the owner or person in control of the equipment defining granting to the bidder the control of the equipment required during such time as may be required for that portion of the Contract for which it is necessary. All required documentation submitted shall comply with Article 1.04 of the Information for Bidders. Each bidder must also submit with his bid a signed statement as to whether he previously performed work subject to the President's Executive Order Nos. 10925, 11149 or 12466 as amended by Executive Order No. 11375 concerning nondiscrimination in employment. Successful bidders will be required to submit bonds on or before execution of their respective contracts as explained in the Contract Documents.

Successful bidders will be required to submit bonds and proof of insurance on or before execution of their respective contracts as explained in the Contract Documents.

Bidders are required to comply with all relevant Federal and State Statutes, Rules and Regulations including but not limited to the applicable provisions of Title VI of the Civil Rights Act of 1964, as amended (42 USC 2000c-2000d-4), the discrimination and affirmative action provisions of Executive Order No. 11375, and the New Jersey Law against Discrimination, N.J.S.A. 10:5-1, et seq., the rules and regulations promulgated pursuant thereto, the State requirement for submission of the names and addresses of subcontractors (N.J.S.A. 17:27-1, et seq.), and the rules and regulations promulgated pursuant thereto.

Drawings and specifications may be examined and obtained on or after 1993 at the office of the Engineer, Kilham Associates, 27 Bleaker St., Millburn, New Jersey, Monday through Friday during business hours between 9:00 A.M. and 4:00 P.M. Complete sets of plans and specifications may be purchased by respective bidders, subcontractors, manufacturers and other qualified parties at a cost of \$40.00 per set of full sized drawings with specifications.

If the Contract is awarded, no refunds will be given. If for any reason the Contract is not awarded, refunds will immediately be returned to bidders pursuant to the provisions of 24(b) when the Contract Documents are returned in reasonable condition within 90 days of notice that the Contract has not been awarded.

The Contract is expected to be funded in part with funds from the New Jersey Department of Environmental Protection and the New Jersey Wastewater Treatment Trust. Neither the State of New Jersey, the New Jersey Wastewater Treatment Trust, nor any of their departments, agencies or employees or, will be a party to the Contract or any other later contract or subcontract. The Contract will be subject to regulations contained in N.J.A.C. 7:22-2.1, et seq., 4.1 et seq., 5.1 et seq., and 9.1 et seq.

All bids shall include a commitment to the use of small, minority, women's and labor surplus area businesses and firms in conformity with N.J.A.C. 7:22-3.17(a)(24) with a goal of not less than 10% participation of small business enterprises owned and controlled by socially and economically disadvantaged individuals (SED's). Further details regarding required participation are included in the Information for Bidders and the Supplemental General Conditions.

Bidders may comply with the applicable provisions of N.J.A.C. 7-22-9.1, et seq., for the participation of SED's by subcontracting portions of the work to SED's. Pursuant to the N.J.A.C. 10-5-33, bidders are required to comply with the requirements of P.L. 1975-5, 127.

Each Bidder must submit with his bid an "Ownership Disclosure Statement" and "Non-Collusion Affidavit" on the forms included in the Contract Documents.

BY ORDER OF THE BOROUGH OF NEW PROVIDENCE

EDWARD SIEN, BOROUGH ADMINISTRATOR

REQUEST FOR PROPOSALS

The Housing Authority of the City of Newark is requesting proposals for Private Security Services at Roberson Village, Schwartz Homes, New Brunswick Homes, and Hoffman Pavilion.

The Proposals will be received at 11:00 a.m. on Wednesday July 27, 1994 in the Conference Room at the Administration Building, 71 Neilson Street, New Brunswick, New Jersey 08901 (No Late Proposals Accepted).

Interested Firms may obtain copies of the proposal at 71 Neilson Street, New Brunswick, New Jersey 08901 by calling David L. Williams, Jr., Executive Director at (908) 745-5147.

The selected contractor must enter into written agreement with the New Brunswick Police Department to be in compliance with all applicable local and federal regulations.

72094

FAX ALL BIDS BY 5 P.M. THURSDAY TO BE IN THE FOLLOWING WEDNESDAY'S PUBLICATION: 908-753-1036 OR CALL 908-754-3400

LEGAL NOTICE

REQUEST FOR PROPOSALS ANNOUNCEMENT ARCHITECTURAL/ENGINEERING SERVICES NEEDS AND CODE VIABILITY ASSESSMENTS & MISCELLANEOUS IMPROVEMENTS DESIGN AT NJ 13-1 SPEER VILLAGE, NJ 13-2 VREELAND VILLAGE AND NJ 13-8 MILLER APARTMENTS RFP #1

The Housing Authority of the City of Paterson (hereinafter called the Authority) is inviting qualified Architectural/Engineering Firms to submit proposals to conduct needs and code viability assessments and to plan and design miscellaneous improvements at NJ 13-1 Speer Village, NJ 13-2 Vreeland Village, and NJ 13-8 Miller Apartments.

The Proposals will be opened at 12:00 noon prevailing time on AUGUST 10, 1994 in the Conference Room of the Administration Building located at 333 Passaic Street, Paterson, NJ 07655. No Late Proposals will be accepted. Interested firms may obtain specifications at 333 Passaic Street, Paterson, NJ 07655 or by calling G. M. Russo at (201) 365-6347.

A voluntary pre-proposal conference will be held at 10:00 AM on JULY 27, 1994.

The Authority reserves the right to reject any and all Proposals and to waive any informalities. No proposals may be withdrawn for a period of 90 days without written consent of the Authority.

G. M. RUSSANO
PURCHASING AGENT

REQUEST FOR PROPOSALS ANNOUNCEMENT ARCHITECTURAL/ENGINEERING SERVICES MISCELLANEOUS RENOVATION/IMPROVEMENTS DESIGN AT FIVE PUBLIC HOUSING COMPLEXES RFP #2

The Housing Authority of the City of Paterson (hereinafter called the Authority) is inviting qualified Architectural/Engineering Firms to submit proposals to plan and design miscellaneous improvements and renovations at NJ-1 Speer Village, NJ 13-1 Vreeland Village, NJ 13-8 Miller Apartments, and NJ 13-8 Miller Apartments.

The Proposals will be opened at 12:00 noon prevailing time on AUGUST 17, 1994 in the Conference Room of the Administration Building located at 333 Passaic Street, Paterson, NJ 07655. No Late Proposals will be accepted. Interested firms may obtain specifications at 333 Passaic Street, Paterson, NJ 07655 or by calling G. M. Russo at (201) 365-6347.

A voluntary pre-proposal conference will be held at 10:00 AM on AUGUST 3, 1994.

The Authority reserves the right to reject any and all Proposals and to waive any informalities. No proposals may be withdrawn for a period of 90 days without written consent of the Authority.

G. M. RUSSANO
PURCHASING AGENT

REQUEST FOR PROPOSALS ANNOUNCEMENT ARCHITECTURAL/ENGINEERING SERVICES SITEWORK AND UNDERGROUND PIPING IMPROVEMENTS AT NJ 13-2 VREELAND VILLAGE RFP #3

The Housing Authority of the City of Paterson (hereinafter called the Authority) is inviting qualified Architectural/Engineering Firms to submit proposals to plan and design site work and underground piping improvements at their facility NJ 13-2 Vreeland Village.

The Proposals will be opened at 12:00 noon prevailing time on AUGUST 24, 1994 in the Conference Room of the Administration Building located at 333 Passaic Street, Paterson, NJ 07655. No Late Proposals will be accepted. Interested firms may obtain specifications at 333 Passaic Street, Paterson, NJ 07655 or by calling G. M. Russo at (201) 365-6347.

A voluntary pre-proposal conference will be held at 10:00 AM on AUGUST 10, 1994.

The Authority reserves the right to reject any and all Proposals and to waive any informalities. No proposals may be withdrawn for a period of 90 days without written consent of the Authority.

G. M. RUSSANO
PURCHASING AGENT

REQUEST FOR PROPOSALS ANNOUNCEMENT ARCHITECTURAL/ENGINEERING SERVICES RENOVATION DESIGN AT NJ 13-1 SPEER VILLAGE AND NJ 13-2 VREELAND VILLAGE RFP #4

The Housing Authority of the City of Paterson (hereinafter called the Authority) is inviting qualified Architectural/Engineering Firms to submit proposals to investigate condition and design improvements to miscellaneous windows and kitchen cabinets at NJ 13-1 Speer Village, NJ 13-2 Vreeland Village.

The Proposals will be opened at 12:00 noon prevailing time on AUGUST 31, 1994 in the Conference Room of the Administration Building located at 333 Passaic Street, Paterson, NJ 07655. No Late Proposals will be accepted. Interested firms may obtain specifications at 333 Passaic Street, Paterson, NJ 07655 or by calling G. M. Russo at (201) 365-6347.

A voluntary pre-proposal conference will be held at 10:00 AM on AUGUST 17, 1994.

The Authority reserves the right to reject any and all Proposals and to waive any informalities. No proposals may be withdrawn for a period of 90 days without written consent of the Authority.

G. M. RUSSANO
PURCHASING AGENT

INVITATION TO BID

A bid committee of the Plainfield Public Library will receive sealed bids at a meeting to be held in the Plainfield Room of the Library, 8th Street at Park Avenue, Plainfield, NJ at 3:00 p.m., August 8, 1994 for:

SECURITY GUARD SERVICE

at the Plainfield Public Library, in accordance with the specifications therefore adopted by the Plainfield Public Library.

Specifications and proposal forms on which your bid must be submitted are available at the Administrative Offices of the Plainfield Public Library, 8th Street at Park Avenue, Plainfield, NJ 07060 telephone (908) 757-1111 Monday through Friday between 9:00 a.m. and 4:00 p.m. The bids may be generated and hand delivered, but will not be accepted any later than the time at which the bids will be opened and read publicly.

Bidders are required to comply with the requirements of P.L. 1975-5, 127.

Proposals shall be addressed to the Plainfield Public Library, Administrative Offices, enclosed in a sealed envelope delivered to said Plainfield Public Library and endorsed. The Board of Trustees of the Plainfield Public Library reserves the right to reject any and all bids, to waive defects or informalities in bids, or to accept any bid as it shall deem in the best interest of the Plainfield Public Library.

KAREN J. THORNBURN
DIRECTOR

72094

HELP WANTED

CIRCULATION AND DISTRIBUTION

Independent contractor to be responsible for mailing and distribution of City News publications to boxes and newspapers 5 days a week. Must also develop distribution in the following areas:

Newark, East Orange, Irvington, Hillside, Elizabeth, Paterson, Jersey City, Hackensack, Teaneck, Englewood, New Brunswick, Trenton

Fee \$350 per week. Must have truck or suitable vehicle for delivery of approximately 40,000 newspapers per week, insurance, valid NJ driver's license. Opportunity to build distribution company with City News as anchor. Call (908) 754-3400 or send resume to:

City News Publishing Company
144 North Avenue
Plainfield, NJ 07060

INSIDE SALES REPRESENTATIVE

City News has an immediate opening for an inside sales Representative. Responsibilities include: selling incoming calls, soliciting new prospect lists and telemarketing for directories. Must be organized, goal oriented and able to type 45 words per minute. Telemarketing experience is preferred. Send resume to:

INSIDE SALES REP
City News Publishing Company
144 North Avenue
Plainfield, NJ 07060

INVITATION TO BID

The Housing Authority of the City of Paterson will receive sealed bids on August 2, 1994 at 2:30 A.M., 160 Ward Street, Paterson, New Jersey for the following items as outlined in the Technical Specifications:

PROXIMITY AREA CONTROL SYSTEMS AT

- N.J. 21-1 RIVERSIDE TERRACE
- N.J. 21-3 ALEXANDER HAMILTON
- N.J. 21-4 DEAN WOODHULL
- N.J. 21-5 CHRISTOPHER COLUMBUS
- N.J. 21-6 NATHAN BARNETT
- N.J. 21-6 ANDREW W. BRIDLE
- N.J. 21-7 NORMAN COTTON
- N.J. 21-8 WILLIAM GRIFFIN
- N.J. 21-9 JOSEPH MARCELLO
- N.J. 21-10 GORDON CANFIELD

Bidders are to submit Bids in a sealed envelope containing the bid job title as it appears in this advertisement written on both an inner envelope marked the Bid and on an outer envelope.

A deposit \$50.00 (Check or Money Order Only), is required and is refundable on return of specifications and documents within ten (10) days from Bid Date in unopened condition.

All Bidders are hereby notified that they must comply with all applicable Federal, State and Municipal Laws, Rules and Regulations including, but not limited to, those pertaining to Affirmative Action, Equal Opportunity, Ownership, Disclosure and Security.

Specifications covering the above requirements may be obtained at the office of the Authority during office hours between 9:00 A.M. and 4:00 P.M., Monday through Friday.

The Housing Authority of the City of Paterson reserves the right to reject any and all Bids or to waive any informalities in the Bidding.

No Bid shall be withdrawn for a period of sixty (60) days subsequent to opening without the consent of the Housing Authority of the City of Paterson.

A bid must be accompanied by a Bid Security which shall not be less than five percent (5%) of the amount of the total bid. At the option of the bidder, the guaranty may be a certified check, bank draft, U.S. Government Bond (at current date market value) or a bond secured by Guaranty or Performance and Completion bonds. Performance and Completion Bonds will be required of the successful bidder.

This project is 100% financed with Federal Money, under 1990 Comprehensive Improvement Assistance Program which provides funding for various Modernization Activities at NJ-21, Alexander Hamilton.

Equal Opportunity for Businesses and Lower Income Persons (HUD Act of 1968, Section 3) (Applicable to Contracts in excess of \$500,000.)

(a) The work to be performed under this contract is on a project assisted under a program providing direct Federal financial assistance from the Department of Housing and Urban Development and is subject to the requirements of Section 2 of the Housing and Urban Development Act of 1968, as amended, 12U.S.C-1701u. Section 3 requires that the greatest extent feasible opportunities for training and employment be given to lower income residents of the project area and contracts for work in connection with the project be awarded to business concerns which are located in, or owned in substantial part by persons residing in the area of the project.

Minority Business Enterprises (MBE) will be offered full opportunity to bid and will not be subjected to discrimination on the basis of race, color, sex or national origin in consideration of an award.

FELIX RAYMOND
EXECUTIVE DIRECTOR

INVITATION TO BID

A Bid Committee of the City of Plainfield will receive sealed bids at a meeting to be held in the Library of City Hall, 515 Watchung Avenue, Plainfield, New Jersey at 3:00 p.m., Monday, August 8, 1994 for:

DI 2 Diesel Fuel Heating Oil

One 1565 twenty cubic yard refuse packer truck with radio

Two 1984 four wheel drive dump trucks with snow plow, salt spreader and radio

Specifications and proposal forms on which your bid must be submitted, are available at the office of the Purchasing Agent, 515 Watchung Avenue, Plainfield, New Jersey 07061 (908) 753-3211, Monday through Friday, between 9:00 AM AND 5:00 PM. The Bids may be hand delivered or mailed, but are not to be received any later than the time at which the bids will be opened and read publicly.

Bidders are required to comply with the requirements of P.L. 1975-5, 127.

The City Council reserves the right to reject any or all bids, to waive defects or informalities in the bids or to accept any bid as it shall deem in the best interest of the City of Plainfield.

RICHARD V. RENG
PURCHASING AGENT

REQUEST FOR EXPRESSIONS OF INTEREST

OFFICE OF CIVIL RIGHTS' DBE NEWSLETTER

The New Jersey Department of Transportation intends to implement a DBE Newsletter. The purpose of which is to provide, on a bi-monthly basis, pertinent information to the Disability/Minority/Women Business Enterprises Community.

The ideal consultant should, at a minimum, possess desktop publishing skills, a working knowledge of the targeted audience, strong communication skills, and community involvement.

The expression of interest is not intended to be a formal proposal, but it must contain information to allow the Department to evaluate the qualifications of any personnel, pertinent disciplines available, management, general and specific experience, performance on similar projects, familiarity with the project area, and ability to meet project deadlines.

Firms interested in participating in this project, should be prequalified with the New Jersey Department of Transportation's Bureau of Professional Services, and must have accounting systems which will allow the NJDOT auditors to verify costs. You may request the forms required for prequalification (NJDOT Form PS-011) from:

New Jersey Department of Transportation
Division of Procurement
Bureau of Professional Services
TN 605
1035 Parkway Avenue
Trenton, NJ 08625-0605

Expressions of interest should be sent directly to:

Gail Charles, Esq.
Director
Office of Civil Rights
New Jersey Department of Transportation
CN 600
1035 Parkway Avenue
Trenton, NJ 08625-0605

Expressions of Interest must be physically received by the close of business on July 27, 1994.

72094

HELP WANTED

PROOFREADER

Successful candidate for this position will have 2+ years of proofreading experience, Job requires patience, attention to detail, flexibility, and ability to work with a team and meet deadlines. Strong grammar and language skills are essential. Send resume to:

PROOFREADER
City News Publishing Company
144 North Avenue
Plainfield, NJ 07060

Help Wanted: Earn up to \$500 per week assembling products at home. No experience. Info 1-504-646-1700 DEPT. NJ-6155

HELP WANTED

SENIOR ACCOUNTANT

- Assists in the supervision of Hotel Acc't. Staff.
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- Identifies existing & potential problems in the Financial & Hotel Accounting Unit and offers solutions to the problems.
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Employment Office
MERV GRIFFIN'S RESORTS
CASINO HOTEL
1130 Boardwalk
Atlantic City, NJ 08401

Women, Minorities & Disabled persons are encouraged to apply. Resumes require a substance abuse test for applicants offered employment. We are an equal opportunity employer subject to the rules & regulations of the NJCC.

72094

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HEARTBEAT

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JULY 1994

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HEALTH CALENDAR

EVERY SATURDAY

WEST ORANGE—The Northern NJ Chapter of the National Multiple Sclerosis Society, sponsors a free swim program at Kessler Institute for Rehabilitation, 9:30-11:30 a.m. For more information, contact Carol or Laurie at 201-984-6667.

EVERY MONDAY

EDISON—"Chemical Dependency Family Education," sponsored by the JFK Center for Drug & Alcohol Prevention & Treatment, 7 p.m. to 8 p.m. For more info, call 908-634-7910.

EVERY TUESDAY

IRVINGTON—Free WIC & Lead Testing, 9:15 a.m.-10:15 a.m. at the Irvington Health Dept. For pregnant and nursing women from birth to 5 yrs. old, lead poisoning and anemic children. Blood Tests are free, walk-ins are welcomed.

EVERY TUESDAY AND THURSDAY

IRVINGTON—Free Baby Clinic; Afternoons. Held at the Irvington General Hospital for newborns to 5 yrs. old. YOU MUST CALL FOR AN APPOINTMENT. 399-6652

MONDAY THROUGH SATURDAY

NEWARK—Free confidential AIDS counseling and testing, Mon.-Fri. 9-6 p.m. Sat. 9-4 p.m. Newark Community Health Centers. Call 201-565-0355 for appointment, or Plainfield Health Center at 908-753-6401.

EVERY FOURTH MONDAY

WEST ORANGE—Kessler Institute for Rehabilitation offers a Multiple Sclerosis Clinic from 9 a.m. to 12 noon. Contact Michelle Lazzarotti 201 731-3900 ext. 304.

ELIZABETH—The Elizabeth Center for Planned Parenthood of Greater Northern New Jersey is offering a low-cost cancer screening for women over 40 from 9 a.m. to 2 p.m. They provide pap test, cervical and breast exam and blood pressure check. Appointments only, call 908-351-5384.

EVERY THURSDAY

IRVINGTON—Irvington General Hospital offers free STD treatment. If you think you or your partner may be infected call 201-399-6124 for an immediate appointment.

NOW THRU AUGUST

LIVINGSTON—The N.J. Eating Disorder Helpline will hold free self-help group for persons with anorexia nervosa, bulimia, and compulsive eating problems. The group will meet throughout July and Aug. from 6 p.m. to 7 p.m. To register call 1 800-624-2268.

JULY 19 - 25

NEWARK—Newark Beth Israel Medical Center sponsors Lead Poison Control Week. Info. will be provided on lead poisoning. For more info call 201-926-7575.

WEDNESDAY, JULY 27

NEWARK—Columbus Hospital will hold a pediatric screening from 10:00 a.m. to 2:00 p.m. in the hospitals clinic area. All screenings are free and no appointment is necessary. For more info call Doris Gallo at 201-268-1414.

SATURDAY, JULY 16

NEWARK—United Hospitals Medical Center

will offer free lung screening at the third annual neighborhood health fair from 11:00 a.m. to 3:00 p.m. at 675 South 20th St. The fair is free and open to the public and is sponsored by the Tabernacle Baptist Church. For more info, call 201-268-8022.

WEDNESDAY, JULY 20

NEWARK—The North Jersey Blood Center will be holding a blood drive from 10 a.m. to 4 p.m. The blood mobile will be parked on the Campus plaza located behind Robeson Center at Rutgers University. For additional information call 1-800-433-6522, ext. 140.

MONDAY, JULY 25

PISCATAWAY—FIFTH ANNUAL HEALTH EDUCATION INSTITUTE: A full day's discussion of Minimizing trial and error: the Use of Theory in Health Education Program Planning. Commitment: the Key to Successful Lifestyle Change and School Health Issues: Pre-school to College. For more info call 908-235-5133.

THURSDAY, JULY 28

PISCATAWAY—FIFTH ANNUAL HEALTH EDUCATION INSTITUTE continues with a full day's discussion focused on Evaluation Research: Practical Application of Evaluation Principles. For more info call 908-235-5133.

FRIDAY, JULY 29

PISCATAWAY—FIFTH ANNUAL HEALTH EDUCATION INSTITUTE: Health Care Reform: the role of information in policy development. For more info call 908-235-5133.

AUGUST 1-31

NATIONAL HEAD LICE PREVENTION MONTH—During August health care providers focus community attention on this issue. Parents are urged to protect their children from head lice. For additional information call 800-446-4NPA.

UNICEF GREETING CARDS MONTH—Cards from United Nations Children's Fund are recognized throughout the world as a symbol of generosity. Sending a UNICEF card helps to save lives. For additional information call 800-FOR-KIDS.

AUGUST 6

SIR ALEXANDER FLEMING'S BIRTHDAY—Sir Alexander Fleming (1881-1955) is the Scottish bacteriologist who discovered penicillin and won the Nobel Peace Prize.

AUGUST 18

NATIONAL MEDICAL DOSIMETRIST DAY—Increases the awareness of professional dosimetrist, who perform treatment plans on cancer patients providing information on MRI and CT input.

AUGUST 21-27

NATIONAL EXERCISE FOR LIFE WEEK—Americans are encouraged to start an exercise plan and try to maintain it for a healthy and long life. For additional information call 800-358-3636.

START YOUR FALL TRAINING TO BECOME A CERTIFIED VOLUNTEER ADVOCATE FOR NURSING HOME RESIDENTS NOW. For more info call Jurida Garrett at 201-673-0640 EXT 24.

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Telephone (908) 754-3400

FAX (908) 753-1036

HEALTHBRIEFS

Obese black teens unaware of health risks

Many overweight black teens do not realize obesity is a health risk.

"They know they have a weight problem, but they don't think of the health consequences," said Dr. John Foreyt. Misconceptions about obesity differ greatly among black and white teenagers. Studies show that 40 percent of obese black females and 36 percent of the males perceived themselves as heavy compared to nearly 100 percent of white females and 78 percent of white males.

Adolescence is a critical time of adult obesity development. Eighty percent of obese teenagers are likely to grow into overweight adults. It is important to educate teens about the health risks of obesity.

New mothers often return to smoking

Pregnant women may be getting the message about the dangers of smoking, but the majority return to the habit following pregnancy.

One hurdle for pregnant women who quit smoking is the change in attitudes of those around them once the baby is born. "During pregnancy, people are sensitive about smoking. They don't smoke around the pregnant woman or offer her cigarettes. But, once the baby is born, the pressure to smoke resumes," said Dr. Marianna Sockrider, a pediatric pulmonologist.

Early diagnosis of scoliosis is important

Early diagnosis and treatment for scoliosis in children can help lessen the severity of this curvature of the spine. If scoliosis is diagnosed at the earliest possible age, measures such as bracing can reduce the chance that the curvature will worsen, said Dr. Wendell Erwin, an orthopedic surgeon at Baylor College of Medicine. In some cases, surgery may be required. The first symptoms of scoliosis can be mistaken for other problems, Erwin said, particularly in rural areas and among the poor who do not have ready access to medical care. The majority of scoliosis cases are hereditary and cannot be prevented, but early intervention may prevent disability.

Do you know the difference between a heartburn or a heart attack?

Knowing the difference between heartburn and a heart attack could prevent a trip to the hospital. Many people mistake the burning feeling in the pit of the stomach for a heart attack. About 20 percent of emergency room patients who thought they were having heart attacks actually suffered from heartburn, said Dr. Fred Sutton of Baylor College of Medicine in Houston.

Heartburn, or acid indigestion, is caused by a back flow of stomach acids into the esophagus, the long tube connecting the throat and stomach. As food travels through the esophagus, the muscle at the bottom of the esophagus weakens, allowing acid to flow back into the stomach.

However, if a person has any doubts as to whether it is heartburn or heart attack, medical attention should be sought immediately.

Alcohol abuse dangerous to elderly

Health problems among the elderly are often accelerated by alcohol abuse. Because their bodies do not have the strength to bounce back from alcohol abuse, the elderly are more prone to kidney and liver failure along with memory problems and personality changes.

In older people, it is important to acknowledge alcohol abuse quickly, because problems associated with excessive drinking are more difficult to overcome and often lead to hospitalization.

Recovery can be encouraged with intervention by family members, friends and health-care professionals.



HOUSECALL by Dr. Mark Johnson

Dr. Mark Johnson is chairman of the department of Family Medicine at the New Jersey Medical School and director of the Family Practice Center at the Camden County Hospital. Send your questions to Dr. Mark Johnson in care of City News, 144 North Ave. Plainfield, NJ 07060.

Q: My husband says he is finally ready to quit smoking. He has tried, but has never been able to completely kick the habit. Would you recommend either the patch or nicotine gum to help him through the first week.

A: Nicotine replacement therapy is useful in helping people stop smoking. Nicotine is an addictive substance, so it helps keep smokers smoking. By using a nicotine patch or gum your husband can gradually reduce the smoker's need for nicotine.

It sound like your husband is ready to take the first step toward quitting. He can get help by seeing a physician who can prescribe the nicotine replacement treatment that is best for him. Here are a few other things that can help him remain a nonsmoker:

- Sign a formal contract
- Get rid of all ashtray in your house
- Post no-smoking signs in your home
- Start a piggy bank for all the money that he would have spent on cigarettes.

Family support for the person quitting smoking is very important. Group therapy or smoking cessation classes also have been shown to increase the probability of success.

Q: What is a migraine headache? I have had severe headaches for years, but am not sure if they are migraines. Aspirin doesn't help my headaches. What treatment do you recommend?

A: Migraine headaches are associated with dilatation and

constriction of blood vessels in the head. There are several types of migraines. They can be severe to the point of interrupting your usual activities. If you get these headaches occasionally, there are prescriptions you can take to treat the headache when you get one. Other medicines are used by patients who get the headaches frequently. This third type is useful in preventing the headache. It is important that you discuss your headaches with a doctor who is familiar with headache therapy to determine which type of treatment is right for you.

Q: I see a lot of people wearing back support belts while on the job. How do they help prevent back injuries? Don't most back injuries happen suddenly?

A: Back braces provide extra support to the lower back. This portion of the back is most likely to get injured from a sudden strain or from chronic wear and tear. To avoid both sudden injuries and those caused by wear and tear, always use proper body mechanics when lifting heavy objects. Lift with your legs, not your back. That means bending your knees and keeping your back straight rather than stooping over the object with the back bent. If your job requires any lifting, you owe it so yourself to keep your back and your whole body in good physical condition by getting at least 30 minutes of aerobic exercise (walking, biking, jogging, etc.) four times each week. Also, check with your doctor or a physical therapist about exercises you can do to protect and strengthen your back.

Don't get burned by the sunburn myth

by James L. Phillips, M.D.



True or false? African Americans cannot get sunburns.

If you answered 'true,' then read on.

You're one of many who believe this myth. Although black skin is less prone to sunburn than white skin, it is still susceptible. Before you run to the beach or go

fishing, remember that sun exposure over a long period of time can lead to premature wrinkling and aging regardless of skin color.

And don't think you're safe just because your skin is richer in melanin, (the pigment that gives your skin color and protects it from burning). With darker skin, it's often hard to tell when damage is occurring. Before you know it, your skin is peeling and blistering.

African Americans can also get skin cancer, although only five to 10 percent as often as whites. Blacks are most likely to get squamous cell carcinoma, a less serious form of skin cancer.

Still, many cases could be avoided by heeding the warning signs.

Look for a mole that has changed in size or color, an unusual growth, a sore that has not healed, or a family history of skin cancer. The good news is that most skin cancers can be successfully treated if caught early.

Most African Americans with skin cancer are 50 years old and older and have "overexposed" their skin to sunlight for many years. They usually think the brown spot on their face or hand is a liver spot and is just a part of the natural aging process. By the time they see a doctor, the cancer has already set in.

The threat of skin cancer shouldn't turn you into a recluse. When you are in the sun, don't forget to:

- Wear a sunscreen with a sun protection factor (SPF) of 15.
- Cover up children, especially babies, since childhood sun exposure has been linked to skin cancer later in life.
- Avoid the sun from 10 a.m. to 3 p.m. when the rays are the most intense, and wear protective clothing like a hat, a long-sleeved shirt and pants.
- In case of sunburn, place a cool towel on the affected area and apply calamine lotion or sunburn cream. Take an aspirin or other pain reliever to ease the redness and discomfort. Children should be given only a non-aspirin pain reliever.
- Check out your skin every month for unusual changes in spots or moles. If you have poor eyesight, let someone in your family examine you.
- Avoid fatty foods, since a recent study at Baylor College of Medicine in Houston has shown a correlation between low incidences of skin cancer and a lowfat diet.

By taking a few precautions, you can prevent sun-related skin damage and enjoy the summer.

Rickets is prevalent among Muslim infants

Pediatric nutritionists at United Hospitals' Children's Hospital have discovered that Rickets, a bone disease thought to be non-existent since the early 1900's, is prevalent among infants in the Muslim community.

According to Salina Mkandawire, Ed.D., director of the pediatric nutrition at United Hospitals, physicians often mis-diagnose this disease, because it is thought to be non-existent.

Rickets, caused by a lack of calcium and

vitamin D, affects bone and growth development. As a result, the bones begin to soften often causing bowing of the legs, and thickening of the wrists and knees. Over 15 Muslim infants have been treated for the disease at United Hospitals.

Mkandawire refers to a recent patient, who at 20 months of age, was not walking.

"The mother brought the infant into the pediatric emergency room following a visit to her private physician. The pediatrician told her that the child would walk eventually, and that there was nothing for her to worry about."

"That isn't normal, most children begin walking before the age of one."

Mkandawire urges mothers who breast feed their children to supplement their diets with other foods.

"Breast feeding is the best form of nutrition for infants, but prolonged breast feeding will make a child's bones soften because of a lack of calcium and vitamin D

in breast milk. At four months of age parents should begin incorporating other foods such as cereals and fruits in their child's diet. Vegetables should be introduced at six months of age, and children can begin eating meat at seven months of age."

Treatment for Rickets includes hospitalization and administering doses of vitamin D and calcium to help strengthen the bones.

For additional information contact the pediatric nutrition program at United Hospitals Medical Center at 201-268-8119.

Calcium before puberty may prevent osteoporosis

Increasing dietary calcium before puberty may be an important step in preventing osteoporosis, a crippling bone disease that affects 20 million Americans, mostly elderly women, says a researcher at the USDA's Children's Nutrition Research Center.

Recent studies of girls ages 5 to 16 show a significant amount of bone-forming activity, much earlier than previously believed, said Dr. Steve Abrams, an assistant professor of pediatrics at Baylor College of Medicine. Abrams reports an increase in bone formation in the years just before and after the start of

puberty.

These findings indicate the recommended daily allowances (RDAs) for calcium established by the Food and Nutrition Board of the National Research Council may not be adequate, said Abrams.

Current recommendations specify three servings of calcium rich foods (800 milligrams) for children up to 10 years of age, increasing to four servings (1,200 milligrams) at the onset of puberty, around age 11. Abrams believes the increase should occur much earlier than age 11.

Most of an adult's skeleton is built and enlarged during the early childhood years. Abrams believes that girls 8-14 would benefit most from the extra calcium. "But, there is no reason to think an increase in calcium can't be emphasized even earlier," added Abrams.

Abrams followed 50 girls to determine how the body absorbs calcium and the rate at which bone is formed. The girls were measured for bone density and given a stable isotope of calcium, a naturally occurring form of calcium that scientists can trace as it travels through the body.

Until now, little has been known about bone formation in this age group, said Abrams, who presented his findings at the 1994 Federation of American Societies for Experimental Biology (FASEB) meeting. Abrams will follow many of the girls to pinpoint when the body increases its absorption of calcium and bone formation.

In the meantime, he urges parents to include plenty of calcium-rich foods in their children's diet including low-fat dairy products, cooked vegetables like green beans and broccoli, canned fish products such as salmon, and tofu.

Help your child catch up with school work this summer

Summer is a time of relaxation for the child who has had problems keeping up during the school year, and parents of that child may feel relief that another school year has passed. Unfortunately, many families put off the special academic help that their child may need to catch up, hoping that "next year will be different."

According to Douglas Reichert, assistant administrator for Child and Adolescent Services at Fair Oaks Hospital, this wait-and-see attitude is usually a mistake.

"Generally, school problems don't get better with the child's. In fact, they often get worse as the child struggles even harder to keep up. Summer is the ideal time to provide your child with the specialized testing and help they may need to achieve success in the next year."

Reichert says that poor performance year after year may be related to an undiagnosed learning disability. Studies indicate 75 percent of school problems are related to children with learning disabilities, though many will learn to compensate. Of this group, 20 percent may require specific educational intervention to overcome their disability. "Intervention is important, because continued academic failures can result in depression, isolation, feel-

ings of inadequacy or behavioral problems," says Reichert.

If, after a thorough evaluation, no learning disability can be diagnosed, parents need to look at other reasons why a child might not do well in school. These range from peer influence to the actual classroom structure, intellectual stimulation and routine it provides. A conference with your child's teacher prior to the end of the school year can help identify specific needs or areas of study. Reichert suggests that parents check with the teacher and their local school system before signing up for any of the specialized programs that

are advertised on a regular basis.

"The child's teacher is in the best position to make recommendations, based on the daily contact that they have had during the school year," says Reichert. "Parents should talk with the teacher and together decide what kind of summer help can best prepare the child for a successful school experience the next year," commented Reichert.

For information on adolescent problems or to obtain free copies of our "Learn to Understand Mental Illness" brochures featuring adolescent issues, call Fair Oaks Hospital at 908-277-9012.



HB NUTRITION

Eat right now, avoid health problems later



Dr. Adewale Troutman

The number one cause of death among African Americans is heart disease. However, African Americans can reduce the rate of heart disease by changing eating hab-

its to include foods that are low in fat and cholesterol.

"There's good and bad cholesterol," says Troutman. "The good cholesterol is called high density lipoprotein, HDL, which carry extra cholesterol away from the arteries. A high level of HDL will reduce a person's risk of having a heart attack. Low density lipoprotein, LDL, however, can

build up on the inner walls of the arteries, causing them to clog, and increasing a person's risk of a heart attack.

"African Americans tend to eat foods that are high in fat and cholesterol, such as red meats, whole milk, commercially prepared baked products, fat foods, palm, kernel and coconut oils" said Troutman, who is also the chairman of the Commissioner's Advisory committee on Minority Health for New Jersey.

Troutman recommends that African Americans eat more fresh fruits, vegetables, whole grains, like brown rice, whole wheat and bran, and breads and cereals. Skin should be removed from turkey, chicken and

fish which should be roasted, baked or broiled instead of fried.

He also encourages African Americans to replace whole milk, cream cheese and butter with skim or low fat milk and low fat cheese and margarine.

Other fried foods, eggs, creamy gravy and fatty meats such as hot dogs, sausage and bacon should also be eliminated from one's diet. Engage in a regular exercise program is also beneficial.

Adewale Troutman, MD, is director of adult emergency services at United Hospitals Medical Center.

Children's nutrition: balancing the messages of diet and health

According to the U.S. Surgeon General, the three most important personal habits that influence health are smoking, alcohol consumption and diet. For the two out of three adults who do not drink excessively or smoke, the single most important personal choice influencing one's long term health is what one eats.

The "Surgeon General's Report on Nutrition and Health" (1988) establishes the fact that two-thirds of all deaths including coronary heart disease, stroke, atherosclerosis, diabetes and some types of cancer are related to what we eat. In fact, approximately 35 percent of all cancer deaths in America may be related to the typical American diet.

The link between diet and the leading causes of death in America is suggested by research that reveals that diets high in saturated fat and cholesterol and low in fruits and vegetables significantly increases a person's chances of developing cancer, heart disease and other chronic diseases. Health authorities recommend that Americans eat a diet rich in fruit and vegetables and low in fat. A diet with plenty of fruits and vegetables also assists in the prevention of obesity and promotes a healthy digestive tract.

Based on evidence linking diet with cancer and other chronic diseases, national health authorities have recommend that Americans eat five or more servings of fruits and vegetables every day.

However, most Americans fall short of the recommendation to eat five or more servings of fruits and vegetables each day. On average, American adults and children eat only 2.5 servings of fruits and vegetables a day, or about half of what health authorities recommend. Only about 9 percent of the population eats five or more servings of fruits and vegetables on any given day. In fact, 41 percent do not consume any fruit or fruit juice on any given day and 49 percent do not eat any vegetables.

So what stops people from eating more fruits and vegetables? Close to half of the people in America say that lack of availability of fruits and vegetables is the major contributor. It's important to note for comparison that price, although important, is clearly less important to a large number of people than availability. Preparation time as well as a lack of knowledge about the benefits of fruits and vegetables is also a barrier.

Eating fruits and vegetables are important because they are rich sources of beta carotene, a fore-runner of vitamin A that the body can use vitamin C and fiber. They are naturally low in

fat and calories and, like all plant foods, they contain no cholesterol.

(Continued on page 8)

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BETTERLIFENEWS

Food is your best medicine

by Robert N. Taylor

What you eat and how much you eat are critically important in determining how long you live and how well you live. But for too long, our experts have spent too much time telling us what not to eat. However, the key to a better life is not so much what you do not do but what you do. Thus, when it comes to food, the focus should be less on what not to eat and more on what to eat.

Author and health expert Jean Carper puts it this way, "By making small changes in your diet, you may prevent and alleviate both acute and chronic maladies such as infections, heart disease, high blood pressure, cancer, ulcers, headaches, low energy and insomnia." In other words, the right foods can both prevent and cure a wide variety of ailments. The ancient Greek "Father of medicine" Hippocrates was even more direct saying "Let our food be your medicine."

Here are some immediate tips for better eating based on some of the latest nutritional findings: First and foremost, the key disease fighting and anti-aging nutrients appear to be vitamin E, vitamin C and beta carotene, a derivative of vitamin A. But do not rush off to buy vitamin supplements. Two recent studies strongly suggest that the best way to get your

vitamins is from food and not from pills.

The best sources of anti-aging, disease-fighting nutrients are fruits, vegetables, fish, nuts and beans. Here are some of the foods you should be eating:

Apples, active nutrient pectin, fight heart disease and stroke by lowering cholesterol. They also help control diabetes.

Bananas, vitamin B6, increase immunity to infections, colds and flus. The potassium in bananas also controls high blood pressure.

Beans, especially soy beans and lima beans, fight heart disease with their vitamin E while the vitamin B in beans can prevent certain birth defects.

Carrots, beta carotene, boosts the immune system and kills certain cancer causing agents. If you are a smoker, you should be eating a lot of carrots.

Garlic, adenosine, lowers blood pressure while the ajoene in garlic prevents blood clots and other nutrients found in garlic fight cancer causing agents.

Hot peppers, vitamin C, fight respiratory ailments, cancer and help maintain a healthy sperm count.

Yogurt, lactobacillus acidophilus, stimulates the growth of good bacteria, relieves diarrhea, colds and aids the immune system.

Ginger relieves headaches and arthritis.

Cruciferous vegetables, broccoli, cabbage, cauliflower, etc., slow the growth of cancer-causing cells.

Fish, especially salmon, tuna, herring and mackerel, protects against heart disease, hypertension and relieves asthma.

The list of disease-fighting, anti-aging foods is much more extensive than

that listed here. Food is not the only ingredient determining who lives a long healthy life. You have got to exercise. You should reduce stress and anxiety and you should avoid or escape from poverty.



Graphic courtesy of Dole

Women reveal healthy living attitudes and habits

What's the secret weakness that prevents women from achieving a healthier lifestyle?

Food cravings and a dislike for exercise are two of the biggest saboteurs, according to a recent national survey of 1,000 women.

The national survey commissioned by Kraft USA, finds that women agree that following a balanced food plan (34 percent), managing stress (33 percent) and exercising (29 percent) are important influences on living healthful lives.

However, the survey also reports women sometimes fall short of their goals because of stress and too little time to plan meals and exercise.

To help women meet the challenge of better living, Kraft USA launched a survey called Partners for Better Living, conducted by three nutrition experts.

"The survey shows women are aware of the importance of striving for good health, and they recognize three key components that lead to better living. Unfortunately, busy routines and the responsibilities of family and career mean women think it's hard to find time to take care of themselves," says Lisa Bellini, a registered dietitian and a member of the survey team.

"The Partners for Better Living council can identify with women, since we face the same daily challenges. Collectively, our advice brings women real-life solutions to help them build good habits," added Bellini.

Highlights from the survey include:

- About one-quarter of respondents say food cravings often jeopardize their intentions to eat a balanced diet. Other responses: no time to prepare nutritionally balanced meals (21 percent), frequently eating at restaurants (20 percent) and eating due to stress (12 percent).
- Chocolate tops the list (28 percent) of foods women hate to go without. Sweets such as cake, cookies and candy (27 percent) follow closely. Twenty-one percent say they can't do without fast food and 20 percent say snacks like pretzels and potato chips are necessary items in their pantry.
- Thirty-five percent of women say they tend to overeat by snacking in-between meals. Special occasions (31 percent) and over indulging at dinner (24 percent) are other reasons for overeating.
- Fifty-nine percent of those surveyed say fat content is the first thing they look for on food labels. Others check for calories (17 percent) and cholesterol (12 percent). Nine out of ten women say their lives are stressful. Nearly 40 percent of respondents report their job is the major cause of stress. Financial and family matters (23 percent) tied meeting with the boss.
- Thirty-two percent of women say going to the doctor or dentist is a major cause of jitters. While 19 percent become stressed when their husband or boyfriend does not call when he's late.

Bellini, Smith and Eynon offer women easy-to-follow tips:

- Maintain a balanced diet by developing a food plan that allows you to enjoy a wide variety of foods—in moderation.
- Minimize stress by expressing your

feelings in a daily journal, or talking, to friends.

- Make exercise a fun and easy part of your routine.
- At home, take nightly family walks.
- For business travel, take along your favorite workout video for the hotel's VCR.



Diet failures linked to binge eating disorder

The National Institutes of Health released information on Binge Eating Disorder, a recognized condition that is believed to affect millions of people. This diagnostic category includes what has previously been referred to as compulsive eating, food addiction and obesity. Although Binge Eating Disorder has only recently been recognized as a distinct condition, it is probably the most common eating disorder. Current statistics indicate that up to 30 percent of people who seek help from commercial and medical weight loss programs have Binge Eating Disorder.

Historically, there has always been the perfect desirable body type. In the eighteenth

century, doctors complained that women, who today would be considered obese, would not shed a pound even when their health depended on it. They feared losing the beauty their rotund bodies offered them. The trend we have been seeing over the past one hundred years has been toward a thin more athletic body shape. Where has this trend to pursue the perfect body led? For those thousands of today's young women it has led to eating disorders such as anorexia nervosa and bulimia. For countless people with binge eating disorder it had led to social prejudice, and feelings of negative self-worth and despair.

While the quest for thinness is driving

more young people to anorexia nervosa and bulimia nervosa, the percentage of overweight Americans of all ages has been growing for the past twenty years. Americans now spend more than \$30 billion a year on weight control programs and products.

The myth that eating less is the solution has largely contributed to the use of dieting as intervention. The extent to which this ineffective tool has been used is staggering. According to current statistics, 50 percent of all women and 25 percent of all men are constantly dieting. The question of appropriate treatment needs to be addressed.

For many people with Binge Eating Disorder, food has become a socially acceptable substitute for unfulfilled emotional needs," states Rodney DeMichael, MA, EdS, the executive director of the Center for the Treatment of Eating Disorders in Livingston. The compulsive eater is preoccupied with food, dieting and weight. They overeat in response to boredom, stress, depression, and anger. Many have an addictive relationship with food. They turn to food to help them cope or avoid discomfort. Mr. DeMichael went on to say that excess eating is a symptom of underlying emotional discomfort. Diets and diet aids often have limited success because they do not address the emotional issues which underlie the compulsive overeating.

One of the factors influencing Binge Eating Disorder is the emphasis our culture places on the "ideal" body image. People receive a strong message that "thin" means competent, reliable, beautiful and dependable. In contrast,

"fat" is viewed as lazy, weak, stupid and undesirable. The result is that overweight people define themselves as lacking will power and being out of control. Mary-Michael Levitt, MA, the Program Director of the Counseling Center for Weight Awareness in Randolph states that this creates a "negative self-image which traps the overweight individual in a cycle of depression and hopelessness Ms. Levitt believes that appropriate treatment challenges these powerful myths, offering alternatives of hope and change."

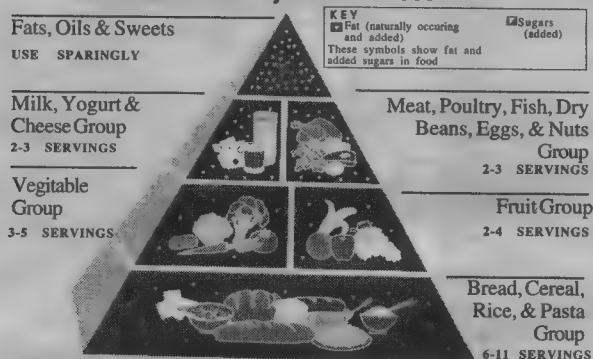
Effective treatment must introduce practical alternatives to dieting which emphasize education, support, motivation and a realistic overview of the weight-management process. The goal of treatment is to help clients free themselves from the psychological and emotional pain experienced in the struggle with food and weight. In this way the key underlying emotional issues can be addressed and resolved, which is essential to the recovery and freedom from this problem.

With support and guidance the self-defeating cycle of Binge Eating Disorder can be changed. New Jersey residents are fortunate to have a variety of resources to choose from. People can receive free written information on Binge Eating Disorder as well as Anorexia Nervosa and Bulimia Nervosa by calling the New Jersey Eating Disorders Helpline.

Sufferers can obtain information on inpatient and outpatient treatment, nutritional services, support groups and 12 Step programs in New York, New Jersey and PA by calling: The NJ Eating Disorder Helpline at 800-624-2268.

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UHMC gets grant to equip diagnostic laboratory

United Hospitals Medical Center dedicated a new diagnostic laboratory that will help combat hypertension and heart disease through early detection and prevention. The Cardiology/Hypertension Non-Invasive Laboratory was equipped in part through a \$125,000 grant from the Fannie E. Rippel Foundation of Annandale, NJ, and houses some of the most sophisticated diagnostic equipment in the greater Newark area.

"The best medicine takes place before the illness occurs," said Dr. A. B. Cuyjet, director of adult medicine and chief of cardiology. A diagnosis that is accurate and detected early eliminates the need for hospitalization later. The new equipment allows the hospital to build a preventive program by targeting adults who are at risk for hypertension and heart problems.

Some of the equipment includes: an echocardiogram with doppler and color flow imaging, a diagnostic instrument which allows a physician to determine the size of the

heart, heart wall and thickness, the size of each of the heart's chambers, and how well the heart and its valves function. It also has the capability to look for clots and masses within the heart.

An ambulatory blood pressure monitors units which allow the physician to monitor a patient's blood pressure for a 24-hour period. The patient wears EKG leads and a blood pressure cuff throughout the day and blood pressure readings are taken at intervals during the 24 hour period. The readings provide the health care team with information about how well a client's blood pressure can be controlled by the prescribed regimen.

Two essential components of the program include family screening and a hypertension clinic. Through the program's hypertension clinic, physicians can identify families who are at risk for hypertension or heart ailments by tracking them through one family member.

Established in 1953 by prominent banker

Julius S. Rippel, the Fannie E. Rippel Foundation was named in memory of Rippel's wife who predeceased him. For several decades, two of the central purposes of the foundation have been to support medical treatment and

research involving heart disease and cancer and to provide support to teaching hospitals for the acquisition of needed medical instrumentation.



Ms. Louise Skidmore, a member of the Board of Trustees of United Hospitals greets Edward Probert, president and secretary for Fannie E. Rippel Foundation outside the new adult Cardiology/Hypertension Unit. Also pictured are (left), Bernard Rabinowitz, United Hospital's chairman of the Board of Trustees; John Dandridge, Jr., United Hospital's president and A.B. Cuyjet, MD, director of Adult Cardiology.

The Power of the City

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CityNews

Children's nutrition

(Continued from page 5)

Beta-carotene is found in dark green leafy vegetables and in yellow and orange fruits and vegetables. Beta carotene reduces the risk of certain cancers, cataracts and even heart disease. There is no RDA for beta carotene; therefore, the beta carotene content of fruits and vegetables is listed on labels as vitamin A.

Vitamin A, which the body can make from the beta carotene in fruits and vegetables, is essential for healthy bones, teeth and hair; protection against infection; and maintaining healthy vision. In fact, severe vitamin A deficiency causes blindness.

Vitamin C is essential for healthy bones, teeth, blood vessels, tendons and skin. It also helps the body heal wounds, fight infection and absorb iron, and may play a role in protecting against certain cancers, cataracts and the development of atherosclerosis, the "plague" that causes hardening of the arteries. Vitamin C is found in citrus products and in other vegetables like broccoli, leafy greens, cabbage, potatoes, green peppers, cauliflower, and other dark green vegetables.

Fiber Rich foods are also necessary to help prevent disease. Dietary fiber is the non-digestible or partially digestible material found in plant cells. Dietary fiber comes from three specific food groups: fruits; vegetables; and whole grain breads and cereals. Fiber may help prevent certain cancers by: reducing transit time in the bowel and therefore decreasing the time the bowel is exposed to potential carcinogens, holding onto water in the intestinal tract, increasing stool bulk, which may dilute carcinogen concentrations in the colon, binding with

bile acids in the intestinal tract, some of which could convert to co-carcinogens.

The National Cancer Institute (NCI) and the Produce for Better Health Foundation (PBH) have come up with the "5 A Day for Better Health" Program. The goal of the national 5 A Day program is to increase the per capita consumption of fruits and vegetables in the U.S. from the current 2.5 servings to 5 servings per day by the year 2000. It's objectives include increasing public awareness of the importance of eating more fruits and vegetables for better health and providing specific information about how to turn these recommendations into dietary practices. The Dole Food Company is a founding member of the National "5 A Day For Better Health" Program.

A report by the consumer advocacy group Public Voice for Food and Health Policy finds more than half the children in the school lunch program eat less than one serving of fruit a day. About a third of them consume less than one daily serving of vegetables, and their vegetable of choice is fried potatoes.

Under its new "Fresh Start" initiative, the USDA plans to reduce fat and salt, and double the amount for fresh fruits and vegetables provided under the commodities program, from 8.8 million to 16 million pounds, beginning this school year.

This effort will be guided by Ellen Haas, assistant secretary for food and consumer services for the USDA, who will lead this charge under the direction of Mike Espy, the Secretary of Agriculture for the agency.

Diet, a major component of historical women's health study

Ever wonder what would happen to you if you really "ate right" and were conscious of how much fat you consumed? Now imagine if your good habits became part of a study that led to history-making medical breakthroughs helping generations of women to come. Here's your chance.

The UMDNJ-New Jersey Medical School is looking for a few good women, 3,500, postmenopausal women to be exact, between the ages of 50-79, who plan on living in the same area for at least the next three years, to take part in the Women's Health Initiative, the largest clinical trial ever to take place in the United States.

Nationwide, this \$625 million research project, sponsored by the National Institutes for Health (NIH) will study 160,000 Women over a nine year period to study therapies that researchers hope will prevent major causes of death in women; heart disease, osteoporosis, and breast and colon cancer. The New Jersey Medical School was honored with a \$9.5 million award to be one of the 16 initial Vanguard Clinical Centers and is the only center currently funded to study women in the New York metropolitan area.

The study's three major components are: dietary-the effects of a low fat diet in the prevention of breast and colon cancer and heart disease; hormone-the effects of hormone replacements in older women to prevent heart disease and osteoporosis, a dangerous bone-thinning disease that often leads to fractures, particularly of the hip; calcium and vitamin D-the ability of these supplements to prevent osteoporosis and colon cancer.

Vera I. Lasser, M.A., R.D., director of nutrition for the New Jersey Medical School's preventive Cardiology Program and co-investigator and lead nutritionist for the project, explained the study's significance to Women.

"It's tremendously exciting that we are finally trying to resolve, in a scientific manner, long-standing issues that uniquely affect women's health. What makes it particularly significant is that this study also reverses the medical establishment's traditional neglect of women's health issues in such a definitive way. This study is long overdue, and we're all happy to be part of it."

Lasser, whose husband, Dr. Norman Lasser, heads the UMDNJ investigation, is a veritable one-person recruitment poster for the project, emphasizing:

"Make no mistake about the historical importance of this project. If you as an older woman take part in this study, you will help care for other women, you will help your daughters and grand-daughters live longer, healthier lives, and you will help the country."

If you join the study, and are one of the 400 plus women who participate in the "intervention" part of the dietary group,

you will be asked to cut the amount of fat in your diet to below 20 percent and to increase your intake of fruits, vegetables, and grains. Depending on your height, weight, and daily caloric intake, that's about 27 to 39 grams of fat daily. For comparison's sake, a glass of regular milk contains about 8 grams of fat.

You will also have plenty of help achieving this goal, as you will learn, through individual and group counseling and peer support, to monitor and gradually reduce the amount of fat you consume. If you are one of the 600 women in the "usual care" group, which is used for comparison, you will receive general nutritional advice at the beginning of the study, and more detailed recommendations about limiting fat intake at the end of

the study.

Lasser stresses that this is not a weight loss program, nor will women be given a "diet" to follow. It's really about women helping other women to achieve a healthy, dietary lifestyle.

If you become part of the study, you will be "followed" or medically monitored for a period of 8 to 12 years, depending upon when you enter the study. This amount of time is necessary to study the long-term effects of the various programs in preventing disease.

During the first six weeks of this period, women in the intervention group will meet weekly, then every other week for the next six weeks, and then monthly until the end of the first year. After the first year, groups will meet

quarterly. Women who take part in the intervention part of the study will receive a variety of health care services, including regular pelvic examinations and mammograms. Women who have had breast cancer or cancer of any kind during the last 10 years, or heart problems during the last six months are not eligible for the study.

To begin, you will be scheduled for several study visits. These visits will include questions on your medical history and general health habits, a brief physical exam and some blood tests. Based on your results, you may be able to join any or all of the programs.

For additional information call the Women's Health Initiative at 201-982-4001 or 1-800-WOMEN-10.

Children's Health



in the
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HB HEALTH

Kidney failure, high blood pressure and African Americans

by Susan Hayes

Kidney failure, one of the leading health problems in America, is a serious concern for African Americans. Although whites still constitute the largest number of kidney patients, the rate of kidney failure among African Americans today is nearly four times as great as the rate of kidney failure among whites and growing.

The two kidneys, which are about the size of a fist, perform several vital, life-sustaining functions. The major functions is to filter the blood of waste products to remove toxins (poisons) from the blood. Many other organs in the body depend on the kidneys to function normal-

ly and when the kidneys become damaged by disease, the rest of the body is affected as well.

The two leading causes of kidney disease among African Americans, are hypertension, high blood pressure, and diabetes. Continued hypertension damages small arteries in the kidneys and causes them to become thick and rigid. When this happens blood flow to the kidney is limited. Therefore, the kidneys can no longer filter wastes efficiently or perform any of their other vital functions. If hypertension is left untreated, the risk of total kidney failure increases.

Not only is high blood pressure a leading cause of kidney disease, but is a leading cause of death among African Americans. While about 24 percent of the white population has

high blood pressure, the incidence among African Americans is significantly higher, about 36 percent. The exact reason why African Americans have a higher incidence of hypertension is not known. High-fat diets, alcohol consumption and smoking are all risk factors. It may be likely that African Americans have a genetic predisposition to hypertension and kidney disease.

African Americans not only have high blood pressure more often than whites, they also tend to develop more severe cases of disease and to get it at an earlier age. For this reason, African Americans have a comparatively high risk of kidney failure as well as other diseases associated with high blood pressure, such as strokes and heart failure.

Regular blood pressure checkups is one of the most important ways to avoid kidney failure as well as many other diseases. Checkups are critical because people often have no symptoms with high blood pressure and don't know they have it until checked by a doctor, nurse or other health professional. Blood pressure check-ups are quick and painless and may be offered free of charge at some health clinics. It is important to remember that hypertension is easy to treat. Side effects from medications, if any, usually can be managed. Anyone experiencing the side effects should discuss them with their doctor, who may prescribe them a different medication.

It is also important to recognize some of warning signs of kidney disease. These include high blood pressure that becomes more difficult to control, shortness of breath, swelling of the hands and feet, blood in the urine, and pain in the back below the rib cage. The benefit of intervention is that the progression of kidney disease can be slowed down, ideally to the point a patient experiences no symptoms at all.

Thirty years ago, people whose kidneys failed faced near-certain death. Today, however, a life-saving treatment known as dialysis is responsible for prolonging the lives of hundreds of thousands of Americans. Dialysis is a treatment that replaces some of the functions performed by normal kidneys. There are two forms of dialysis treatment: hemodialysis, which involves removing blood from the body, passing it through a filter and returning the blood back to the body; and peritoneal dialysis, which involves instilling a fluid into the abdominal cavity, allowing the toxins to diffuse into the fluid and then removing the fluid.

Anemia, characterized by a low level of oxygen carrying blood cells, often results from kidney failure. The anemia is frequently severe. Patients are left with red blood cell levels and oxygen carrying capacity of only one-third to one-half that of normal adults. As a result, patients feel fatigued and exhausted. An inability to work or even do everyday household tasks often results. Anemia may also be associated with other problems, including depression, lack of concentration, shortness of breath, heart complications, impotence, vertigo, insomnia and lack of appetite.

Unfortunately, once kidney function is lost, it is lost forever. Patients with permanent kidney failure need dialysis treatments for the rest of their lives, unless they are well enough and lucky enough to find a donor with a similar tissue type. If this occurs, dialysis patients may receive a kidney transplant.

Thanks to recent advances in medical technology and the development of new drugs, the outlook for dialysis patients is no longer as grim as it used to be. Even without a kidney transplant, patients often are able to restore much of their vitality and physical functioning and resume relatively normal lives.

Of course, the best treatment for kidney disease is prevention. People who eat well-balanced meals and exercise regularly can sharply reduce their risk of high blood pressure. But because high blood pressure can cause so many different health problems and is so common among African Americans, it is important to get a checkup on a regular basis. Taking these steps may not only help put off kidney disease, they may also help people live longer, healthier lives.

The art of aging feeling well and looking good

by Robert N. Taylor

Aging is generally thought of as a process of gradual deterioration of health, stamina and good looks. Indeed, that is what normally occurs. But it does not have to be that way. The medical community is fairly unanimous that there are a host of things we can do which will virtually guarantee us longer, healthier lives. These so called anti-aging techniques will enable you to look better, be healthier, have more stamina and get more enjoyment out of life.

Eat in moderation and consume less animal fat.

Americans simply eat too much. According to Dr. Art Mollen, the author of *The Anti-Aging Diet*, "The average American eats twice the protein he needs." Since most of our protein comes from meat, the most direct way to cut back is to determine how much meat you eat during a typical meal and cut the amount in half. The exception is fish. The body can digest fat found in fish better than fat found in land animal meat.

Consume plenty of anti-oxidants:

Everyday, through what we eat, drink and breathe, our bodies are filled with toxins (poisons). These toxins accumulate and then clog and weaken major systems in the body ranging from the heart to the lungs through a destructive process known as oxidation. However, the body naturally destroys or eliminates most toxins. But you can help your body tremendously if you feed it an adequate supply of anti-oxidants. The most powerful anti-oxidants (disease combating nutrients) are Vitamin E, Vitamin C and Beta Carotene a parent molecule of Vitamin A. The best sources of anti-oxidants is fruits and vegetables.

You should eat at least five servings of fruits and vegetables everyday.

Exercise: The key type of exercise is aerobic exercise—running, jogging, fast walking, playing basketball, swimming, etc. These exercises make the heart and lungs stronger. Don't forget that the number one killer in America is heart disease. According to the Centers for Disease Control and Prevention in Atlanta, "Not exercising is the single greatest risk factor for heart disease." You also want to

causing agents. These are the type of people who can smoke and eat unhealthy diets but still live to be 95 years old. "Slow detoxifiers," on the other hand, have inherited genes which are slow to destroy toxins and cancer causing agents.

Thus, the toxins are able to accumulate and cause disease and eventually take the person's life. To know where you stand, you need to know your family health history. How long did your parents, grand parents and great grand parents live and of what did they die? This history will give you a good sense of which ailments you need to most be on guard against.

Take an aspirin and have a drink a day:

The evidence is overwhelming that aspirin helps thin the blood, clear arteries and thus serves to prevent heart disease and stroke, the number one and number three killers. The same is true of alcohol, especially red wine. A drink or two a day appear to have beneficial health effects on the body.

Experts call it the "French Paradox" after the French who eat the same type of high fat diets common in America yet have no where near the level of heart disease common in America. But the French drink a lot of wine and the wine appears to counter-balance the high fat diet.

Stimulate the mind:

Aging is also a largely mental process. Thus, staying young means keeping the mind stimulated. One of the best things you can do to stimulate mental freshness is to learn a foreign language. Others include socializing and having a close network of friends. But always seek to learn something new and take on new challenges.

For more information on the anti-aging process send \$7.95 to Better Life Club, P.O. Box 28422, Washington D.C., 20038.



engage in strength exercises. That's right! You want to lift weights. Such exercises not only make you look firm but they help prevent injury and they also strengthen the heart.

Know your body and family health history:

There is a strong genetic component to aging. Some people are just naturally better able to fight off aging's negative effects. Some experts call these people "fast detoxifiers." Their bodies rapidly destroy toxins and cancer

A glass of wine can cut cholesterol

When steak is on the menu, a glass of wine with the meal may make dinner healthier for those concerned about cholesterol levels.

Researchers in the DeBakey Heart Center of Baylor College of Medicine in Houston say consuming moderate amounts of alcohol with a high-fat meal can increase the level of HDL, the high-density lipoprotein labeled good, without increasing the level of LDL, the low-density lipoprotein labeled bad.

That is the reverse of what usually happens when a high-fat meal is consumed without alcohol, said Dr. Henry J. Pownall, professor of medicine and molecular physiology at Baylor.

"The alcohol boosts an enzyme that increases the body's efficiency in metabolizing the fat," Pownall said. "The extra amount of enzyme means more HDL is made than LDL."

Studies elsewhere have focused on the effects of red wine and its components on dietary fat, but Baylor researchers believe the benefit comes from the alcohol itself, not the fruit or grain used to produce it.

A three-year study that began in January is testing this theory. Study volunteers are drinking an artificial cocktail, a blend of water and pure alcohol.

The DeBakey Heart Center is a joint program of Baylor College of Medicine and The Methodist Hospital in Houston supporting cardio-vascular research, treatment and education.

Researchers want to determine how the alcohol causes its positive effect on fat metabo-

lism. "Once we know how it works, we can begin looking for a substance that can do the same job, maybe even more efficiently, without the intoxicating effects," Pownall said.

The research addresses an important public health question, according to Pownall, because 60 to 70 percent of adult Americans consume some alcohol.

"We know alcohol has a negative effect on triglycerides and blood pressure, and can cause liver and kidney damage. However, if there is a positive relationship between moderate alcohol consumption and the body's ability to metabolize fat into HDL rather than LDL, we need to know that, too."

The Heart Center studies have also confirmed a non-cholesterol-related axiom about alcohol consumption, Pownall noted.

"You were told not to drink on an empty stomach and that is sound advice," he said.

Findings from the current study and a previous study show drinking 14 ounces of alcohol on an empty stomach produces a rapid increase in blood alcohol levels. Consuming food with the alcohol delays the increase by up to two hours, but also delays the return to normal blood alcohol levels.

"Drinking without food affects you faster. Drinking with food affects you longer," said Pownall.

The DeBakey Heart Center is a joint program of Baylor College of Medicine and The Methodist Hospital in Houston supporting cardiovascular research, treatment and education.

Hotline addresses concerns about cutting boards

A nationwide toll-free Hotline service has been established for people to call with food safety and handling questions.

The hotline addresses issues consumers are becoming more concerned about, such as which type of cutting board to use in the kitchen: plastic, glass, marble or wooden.

A few studies seem to show that wooden cutting boards have properties that may inactivate or kill bacteria that can cause illness, while other research favors the use of the plastic board.

For example, a University of Wisconsin

study found that some wooden cutting boards actually kill bacteria that survive well on plastic boards. Another study concluded that bacteria were more difficult to remove from some wooden boards and, therefore, supported using plastic cutting boards for safe food preparation.

All cutting boards should be frequently sanitized. For further information, call the Meat and Poultry Hotline at 1-800-535-4555. In the metropolitan Washington, D.C., area, the number is 202 720-3333.

What every woman should know

A new pamphlet is now available to women throughout the United States to help them better understand and recognize the symptoms and the causes of urinary discomfort. Urinary discomfort is best recognized by the pain, burning, urgency or frequency of urination. Each year, over six to eight million new sufferers are afflicted, with more than 75 percent being women, 20 to 30 percent of whom suffer a relapse within twelve months.

The pamphlet, *What Every Woman Should Know About Urinary Discomfort*, covers urinary tract infections (UTI) and other forms of urinary discomfort such as urethral syndrome. The five sections discuss how to recognize the problem and the causes, what to do as soon as the symptoms occur, when to see a doctor, and the ten steps to take to help prevent urinary discomfort from striking.

What Every Woman Should Know About Urinary Discomfort



Compliments of ADO-STD/STDP
Available. Tablets are color of the main
pink and decoration of variation.

Urinary discomfort is a broad term that covers a range of systems, which may occur more often in women than in men. Symptoms to look out for are burning, stinging, or even severe pain when urinating, pain in lower abdomen, sides, or lower back, and urges to urinate frequently.

The symptoms of urinary discomfort may come from a urinary tract infection, UTI. UTIs are caused by bacteria that are normally common in the bowel and around the female genitals which can enter the urinary tract. It is important to take action when suspected of having an urinary infection.

The pamphlet also provides useful tips on preventing urinary discomfort before it starts. For a copy of the pamphlet send a self-addressed, stamped envelope to:

Polymedica Pharmaceuticals, Attn: Pamphlet Program, 11 State Street, Woburn, MA 01801.

PULSE

Celebrating AMERICA'S TOP BLACK CHEFS

Dame of country cuisine, is a chef, consultant and author who has earned a position as one of America's culinary treasures through her years of popularizing and promoting the use of fresh ingredients in accessible everyday cuisine.

Johnny Rivers, executive chef at Disney's Village Marketplace has directed the opening of over 20 Disney properties, including the Food and Beverage properties at Euro-Disney. His work has earned him numerous national awards, and helped bring 23 gold medals to Disney's Culinary Olympic Team. T.J. Robinson, owner and chef of the famed Gingerbread House in Oakland. Ms. Robinson's unique brand of Creole Cajun cuisine draws devotees to her restaurant from across the country.

The three chefs were chosen after an extensive, two-tier selection process. Over 1,000 culinary professionals from across the country were polled, and asked to nominate three top black chefs.

Edna Lewis, Johnny Rivers and T.J. Robinson have been chosen as this year's recipients of the America's Top Black Chefs Award, after a three month selection process involving over 1000 culinary professionals. The honored chefs will be presented with their award at a ceremony at Matanzas Creek Winery on August 20.

The highlight of the awards evening is a four course dinner prepared by the honored chefs, and a charity auction of fine and rare wines. Edna Lewis, known as the Grande



O.J. Anderson

O.J. Anderson named VP Shikiar Assoc.

It's another first down for O.J. Anderson. The former Giants running back and Most Valuable Player of Super Bowl XXVI, 1991, has moved up field in his post football career by joining Shikiar Associates Health Care Consulting Firm as vice president of public relations. Anderson also serves as corporate spokesman and assisting the agency's sales effort in the corporate health insurance market.

THE TOP TEN SUMMER SETBACKS

1 The Tennis Twist



2 Taking a Dive



3 The Surf on Your Own Turf



4 Making a Splash



5 The Surprise Smash Hit



6 The Base Hit



7 Riding Horseback



8 The Do-it-Yourself Special



9 Digging Your Garden



10 Going Sailing



AND HOW NOT TO LET THEM KEEP YOU DOWN

If an injury like one of these (or one you come up with yourself!) gets you down this summer, don't call time out. Call the Center for Rehabilitation Services at the New Jersey Medical School Doctors Office Center.

Our licensed physical therapists will design an individualized program for you to heal and promote renewed strength and flexibility. Getting here is easy, with free on-site parking. Convenient hours (7AM through 6:30 PM) mean you can come before or after work - even during your lunch hour. And your visits are covered by most health insurance plans.

With our state-of-the-art equipment and the very latest therapeutic techniques for relieving pain, swelling and muscle spasms, you could be back in action after only a few visits. Why spend summer on the sidelines? Call us. After all, summer is too short as it is.

**CENTER FOR
REHABILITATION
SERVICES
201-982-2800**

For a free booklet on **Back Basics**, fill out and mail this coupon to:
UMDNJ-University Hospital / Room D-347
150 Bergen Street, Newark, NJ 07103-2406

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